Woman's Day®

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THE MAN ISSUE

Get him to do dishes, stay healthy & much more
Plus: Father's Day Gift Guide

TURN OFF THE OVEN!
Summer Slow Cooker Favorites

Tag Sale 101
CLEAR THE CLUTTER & CASH IN

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Clark Kent, is that you?

on our cover

THE MAN ISSUE

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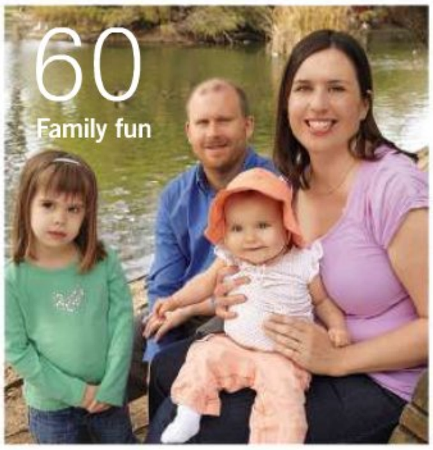

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What's your best entertaining tip?

"Have a signature candle scent for your home that you burn while entertaining. Guests will remember you and certain events because of it. I love Trapp candles in the Orange-Vanilla scent [$22; **amazon.com**]."
Abigail L. Cuffey

"Serve 'interactive' foods like fondue or build-your-own tacos. It encourages mingling, lets guests tailor their meal to their tastes and makes for a fun, laid-back atmosphere."
Lauren S. Kuczala

"Let the dirty dishes pile up—otherwise you'll miss the whole party."
Ellen Breslau

"Serve food at room temperature, and always have enough ice for drinks."
Jackie Plant

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Join the conversation! What's your best entertaining tip? Tell us at ***facebook.com/WomansDay Magazine.***

"Make a great playlist of songs that everyone knows and enjoys. No one likes a party with bad music!"
Elizabeth Fennell

"Create a signature drink. It's a fun way to put your own twist on your party."
Tina Marchisello

"Don't stress over unexpected spills—everyone has them. Be prepared with a quick cleanup fix to avoid stains later."
Mary-Theresa Tringale

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all in a woman's day

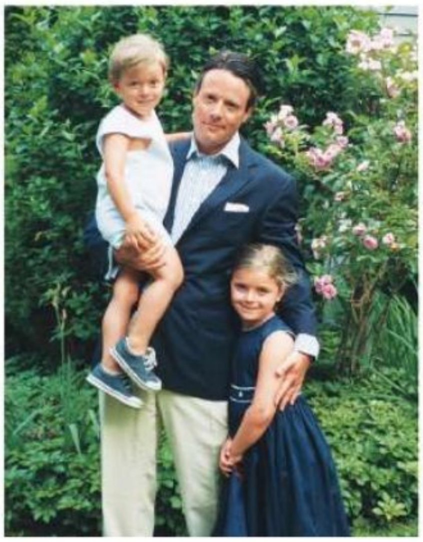
by Elizabeth Mayhew, Editor-in-Chief

let's hear it for the boys

This is the first of what I hope will be our annual "Man Issue," in which we focus on the "man" in "wo*man*." Why? Because no woman goes a single day without interacting with "the other half," and it's important for us to know as much about the men in our lives as possible. And what better time to launch this issue than in June, just in time for Father's Day!

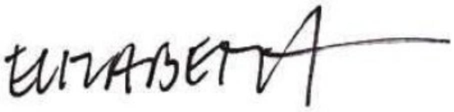
To celebrate these men, we've included everything from a roundup of gifts Dad will love to a piece on what we women can learn from how men clean (most of them are actually *better* cleaners than women—turn to page 52 for tips you can use). We also have two features that look at life from Dad's perspective: Gary Drevitch's heartfelt "SuperDad!" (page 34) and "Fresh Start," a look at how decorator Robert Lindgrin created a cozy home for himself and his two kids (page 82). And whether your guy tends the grill or you do, no man's issue is complete without some attention paid to the art of grilling—so we've included two sections: one on how to grill the perfect steak (page 140) and another on how to turn out the best burger (if you're craving the one on our cover, go to page 184).

In our health section, you'll find a comprehensive guide to "his" health (page 108), a decade-by-decade rundown of what to be aware of during a man's life. This piece resonates with me because so often I've seen women become the primary care advocates and caregivers for their husband, father, brother: My mother moved from Chicago to Tampa to care for my grandfather, and my mother-in-law devotes almost all of her time and energy to caring for my ailing father-in-law.



My husband (and high school sweetheart), Tim, with our children, Charlie and Madeleine.

What I have noticed is that most men are less in touch with their health than women are with theirs. Maybe that's because we're used to getting yearly tests (Pap smear and mammogram, just to name two) that keep us in tune with our bodies and up-to-date with our doctors. Often it's a woman who ends up nagging a man to take better care of himself. My friend Francine has a great approach: Every year her husband, Rob, asks her what she wants for her birthday and every year she has the same answer: Go to the doctor for a checkup. Come September, that's what I'll be asking for, too.



You can e-mail Elizabeth at **elizabeth@womansday.com**

You're invited... to be in our pages!

Got a nightmarish closet that needs reorganizing? Want to revamp your wardrobe with figure-flattering clothes? Have a health question you need answered? Tell us about it. Starting in our August issue, we'll be featuring makeovers with you as the star. So consider this your personal invitation to tell us what needs fixing in your life and why. You might see yourself in an upcoming issue! You can e-mail us at **wdmakeovers@womansday.com**

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DADDY AND ME PHOTO CONTEST

We all love and admire our dads, and there's nothing more touching than a great father-child moment. If you've got one that will melt our hearts, submit it to **womansday.com/daddy** from May 11 to June 11. The best pic will win an HP V5560 camcorder ($199; **hp.com**).

KATE SEARS; PROP STYLING BY PAUL LOWE.

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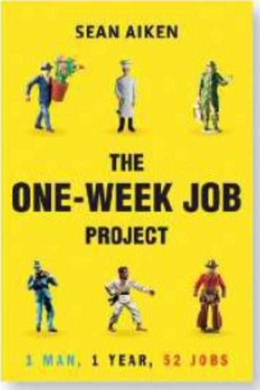

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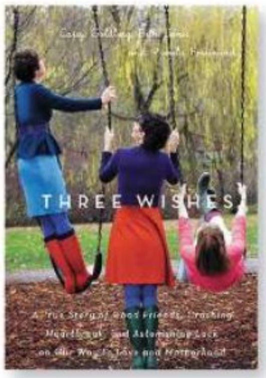

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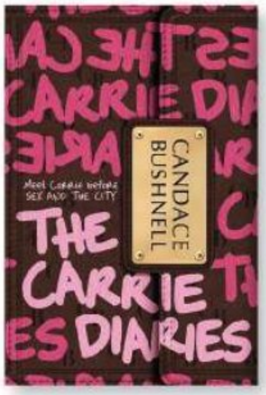

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ADVICE FROM THE EXPERTS

I need a wedding gift for a couple who already has everything! Even they don't have any ideas.

Viola Voss, Jersey City, NJ

How about an activity? Find something you think they would both enjoy that allows them to spend time together. If they're already good cooks, buy them a gift certificate for a chocolate-making or cake-decorating class. **KATIE FFORDE, author of the novel *Wedding Season***

A friend received an oil painting of her dog—it's truly special. Or give a photo of a landmark that's meaningful to the couple, a simple black-and-white sketch of their first home, or a framed vintage map of their favorite city. **TARA GUÉRARD, of *taraguerardsoiree.com***

Give a charitable donation. Find an organization that suits their personality or honors a family connection, then package it in a fun way. If you donate to the American Heart Association, create a gift basket with antioxidant-rich red wine and dark chocolate. They'll appreciate the thoughtfulness, while enjoying some goodies of their own! **CARLEY RONEY, editor-in-chief of *The Knot***

decisions, decisions

The number of choices we're hit with daily can be overwhelming, and possibly crippling, according to a recent study. Use these tips from Sheena Iyengar, PhD, author of *The Art of Choosing,* to calm your inner decision-making turmoil.

● **LIST YOUR PRIORITIES** Jot down the five things that are most important to you, such as family or career, and only spend energy thinking about these items.

● **SLEEP ON IT** The old saying "go with your gut" isn't the best route, because it's based only on how you feel right now.

● **REACH OUT** If you're moving to a new town and trying to decide where to live, talk to a variety of people to get a sense of what you'd like better (the more alone you feel, the more likely you are to second-guess yourself). *Abigail L. Cuffey*

WIN A TRIP TO TULUM, MEXICO!

One lucky winner and a guest will receive a four-day, three-night stay in a deluxe room with marble floors, Jacuzzi tub and a furnished balcony at Dreams Tulum Resort & Spa in Riviera Maya, Mexico. The Unlimited-Luxury prize package includes all meals, beverages, daily activities and nightly entertainment. **DreamsResorts.com**

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the un-paper towel

These 100% biodegradable multiuse Skoy cloths ($5.99 for four; **skoycloth.com**) take the place of 15 rolls of paper towels and can be cleaned in your microwave, dishwasher or washer/dryer. Your paper towel holder will be green with envy.

sit, max, sit.

Chances are your dog already knows the basics: *sit, paw, down.* Try something new. Andrea Arden, certified dog trainer for Animal Planet's *Underdog to Wonderdog,* shows you how to teach your dog to spin. Fancy!

1. Hold a tiny treat at your dog's nose, then move your hand slowly toward his tail. Say "yes" and give the treat when he begins to move his head away from you.

2. Gradually increase the turn by holding the food in your hand farther away. When your dog confidently follows your hand through a full spin, say "spin" right before you move your hand to lure so he'll start to connect with the behavior.

3. Once he's mastered that, use a smaller hand circle as a cue, so he'll learn to spin when you make that gesture and say the command. *Crystal Tate*

Learn two more tricks at ***womansday.com/dogtricks***

HONEY-DO

THE FLAVOR OF THE MOMENT? GOOEY, DELICIOUS HONEY. ONE THING'S FOR SURE: IT'S GOING TO BE A SWEET SUMMER.

JELLY BELLY'S just come out with a honey-flavored jelly bean, which beat out Mojito, Thai Iced Tea and Sublime Chili Lime in a poll of 11,000 bean fans.

THE MAKERS OF CIAO BELLA GELATO, who have been playing around with honey-kissed flavors for a while, have finally settled on Honey Toasted Pecan. "People love the ending of each bite, when the buttery feel of honey is left on your tongue," says Deborah Holt, their vice president of marketing. So do we.

GREEK GOD YOGURT'S honey strawberry flavor is a traditional Greek combination and was much requested by the company's fans. It has us smacking our lips!

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CLOCKWISE FROM TOP LEFT: TODD HUFFMAN; PETER DAZELEY/GETTY; SHUTTERSTOCK.

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THE RAISINETS® ROAD TRIP DIARIES

An On-the-Go Series Celebrating the Search for the NEW Raisinet

Cranberry and friends are well on their way, road-tripping in search of their next delicious discovery and out to prove that getting there is always half the fun.

Inspired by their sure-to-be-fruitful travels, we've asked some of our favorite women-on-the-go to share their own tales from the road. Check out the second story in our series from reader Sue Tarlton. A teacher and mother of four, Tarlton never lets a learning opportunity pass her by. Find out how she turned a family road trip into a live-action history lesson, and managed to keep three tweens engaged in the process!

Sue Tarlton
Teacher, Mom & Professor of the Open Road, with daughter Caroline

ROAD TRIP DIARY #2
SUE-BURBAN 101
An education on wheels

My road trip must-haves? An open mind and a thirst for knowledge. When my three younger kids and I set out to visit their older brother in college, I stocked the Suburban (a.k.a. the "Sue-burban") with healthy snacks and hit the road with a smart game plan. I had plotted our journey from North Carolina to Massachusetts with plenty of fun-but-educational stops to keep the kids interested (even eldest daughter who pleaded not to leave her friends with the drama only a 13-year old can muster).

What the kids learned along the way: Virginia's Blue Ridge Mountains will take your breath away; The Baltimore aquarium rocks; and there's a reason the Liberty Bell reads, "Pensylvania"—look it up!

What I learned along the way: Pay attention to "Wet Paint" signs (so long, favorite shirt!); and when you spend a week in the car with three kids, it may be fun, but *you'll* need a vacation afterwards! Class dismissed!

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Go to youtube.com/raisinets to learn more about the Raisinets Ultimate Road Trip Sweepstakes! Look out for more Raisinets Road Trip Diaries in upcoming issues of *Woman's Day*, and keep your eyes peeled for the fruit-tastic reveal.

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happy days!

OUR YEAR-LONG GET HAPPY CHALLENGE
WOMANSDAY.COM WEB EXCLUSIVE

We've put out the challenge to each and every one of you. It's time to get happy! Join us in this yearlong project, started by Gretchen Rubin, author of *The Happiness Project*.

THIS MONTH'S CHALLENGE

ORDER

"Order is Heaven's first law," wrote Alexander Pope, and one surprising thing I've learned about happiness as I've worked on my project is the significance of clutter to happiness.

Of course, a crowded coat closet or a disorganized desk is trivial in the context of a happy life, yet disorder weighs on people's minds more than you might expect. For most people, outer order contributes to inner calm.

Bringing order to your home may seem impossible, but messy areas tend to get messier, and tidy areas tend to stay tidy. Once your dining room table is finally cleared off, or that enormous stack of papers on your desk is gone, it will be easier to vanquish the new clutter that enters your house every day.

One great way to give yourself a mood boost is to tackle an untidy area one step at a time. Get rid of some things you don't use (you probably don't need eight glass vases that came with floral arrangements). Chuck broken things. Find a proper place for objects so you can easily retrieve them. It's extremely satisfying to be able to immediately find essential items like batteries, a flashlight or a screwdriver when you need them. Clear surfaces bare.

Your efforts will create an order that will refresh your spirit. Not only that, but you'll be able to find your keys. *Gretchen Rubin*

Happiness Projector Annemarie Conte finally gets her life in order. (Kind of.)

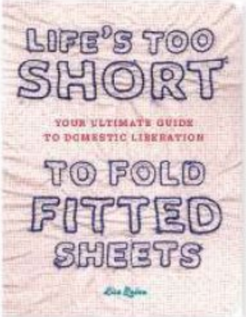
I have never been the neatest of people. My whole life has consisted of moving piles of stuff from place to place. I'm now an editor at *Woman's Day,* and books on how to declutter are currently what's cluttering my office. So, in an effort to finally turn over a new leaf, I'm taking the best advice from each one.

Go Organize!
by Marilyn Bohn

BEST TIP If you never have any clean glasses in the house, buy different-colored glasses for each family member to reuse throughout the day.
RESULT This is great for a family. Now that I'm conscious of the issue, my husband and I are making more of an effort to reuse glasses or share one.

Life's Too Short to Fold Fitted Sheets
by Lisa Quinn

BEST TIP You're out of control if you have more than three junk drawers or you can't park in your garage.
RESULT I've mapped out a plan for the drawers and garage with deadlines, culminating in a giant donation of the extra stuff.



The Ultimate Guide to Clearing Your Clutter
by Mary Lambert

BEST TIP Check shoes for broken heels, dated styles, improper fit and unworn impulse buys. Pull them all out and try on each pair.
RESULT Goodbye, shiny orange ankle boots with a 3-inch heel. I hope some lucky Goodwill shopper enjoys you.

BECOME A HAPPINESS PROJECTOR

Once a month, check out the magazine for Gretchen's words of wisdom and updates on some of the people following her plan. Who knows? Maybe you'll be the next one featured!

Go online to ***womansday.com/happiness*** to meet other Projectors and get more feel-good resources.

Follow us on Twitter at ***twitter.com/womansdaytweets*** for a daily dose of happiness.

Check out ***facebook.com/womansdaymagazine*** for support from other WD Facebook fans.

Listen to RadioWD at ***womansday.com/radiowd*** for shows on living well every day.

Pick up Gretchen's book, *The Happiness Project* ($25.99; Harper), for more of her story.

Everyone can always be happier, right? Join us in this initiative to work on a great project: you!

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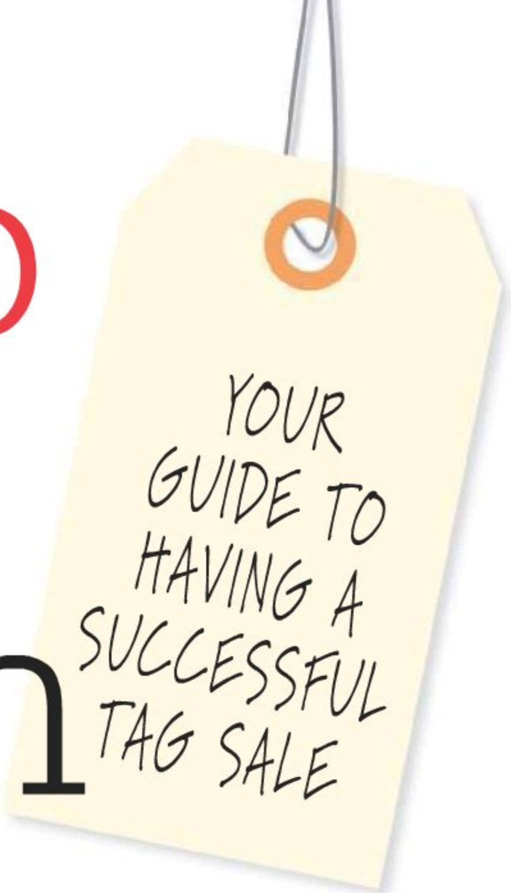

by Arianne Cohen

BURKE/TRIOLO PRODUCTIONS/GETTY

YOUR GOAL To empty the house of junk in one weekend, no matter what.

HOW The best yard sale. *Ever.*

TIME 2 days (plus prep time)

POSSIBLE? Totally. Here's your guide to getting rid of all those duplicates, triplicates and other stuff you never use.

getting started

Go through your house and decide what you want to sell. Don't forget furniture, games, kitchenware, and kids' sports equipment and toys. Non-holiday, warm weekends from April to September are good sale days—everyone's around. Set the date, then advertise!

Buy an ad in your local paper to run on the Friday before your sale. Include time and location, and list the types of items ("Lots of Furniture!" "Kid Mecca!") and the line "must sell everything!", as well as desirable brand names such as Pottery Barn or John Deere, or quality items, like a treadmill. (See "Spreading the Word," page 22, for more ideas.) And of course, get legal: Call city hall a week before to see if you need a permit, and confirm that it's OK to hang signs on telephone poles in your town. *(Please turn to 20)*

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your supply list

- ☐ Pocketed apron or money belt
- ☐ Calculator
- ☐ Cash in small bills
- ☐ 50 grocery plastic bags/handled shopping bags (for purchases)
- ☐ Newspaper/ bubblewrap
- ☐ Boxes
- ☐ Bookcases, garage racks, tables (for display)
- ☐ Full-length mirror (for shoppers trying on clothes)
- ☐ Notebook
- ☐ Garment racks
- ☐ Painter's tape (to safely tape signs and prices to items)
- ☐ Extension cord/ power source (for testing electronics)
- ☐ Thick cardboard pieces for signs
- ☐ Colored price stickers
- ☐ Stringed price tags
- ☐ Permanent marker
- ☐ Tablecloths (for dressing up surfaces)
- ☐ Drinks and snacks
- ☐ Radio

pricing 101

Right now, drop all dreams of getting lots of money for individual items. Your goal is to move many items for a little bit of money each.

think bulk. Your customers are probably only going to have around $30 to $50 cash in their pockets, and you want them each to walk away with six things! Don't hesitate to make deals.

most items move at a fraction of the original price. "Price items so that they'll sell, but make sure they're high enough to give yourself room to bargain," says Robyn Reynolds, a professional organizer in Los Angeles. "Don't worry about it—after a few hours, you can drop prices if needed." *(Please turn to 22)*

PRICES WE RECOMMEND

ITEM	PRICE RANGE
BOOKS	25¢–$2
CDs, DVDs	$1–$4
RECORDS	25¢–$2
CHILDREN'S CLOTHING	$1–$3
perfect-condition dress clothes	$5–$7
JEANS	$2–$6
TOPS AND SWEATERS	$2–$8
SHOES	$2–$15
COATS	$15
SUITS AND DRESSES	$15–$20
DECORATIVE PILLOWS	$2–$4
KITCHEN APPLIANCES	$5–$12
DINNERWARE	$1 per item
SPORTING GOODS	$10–$20
bikes	$15–$70
tennis rackets	$5–$20
BED FRAME	$30–$60
SOFA	$40–$100
DESK OR KITCHEN TABLE	$20–$30
CHAIRS	$3–$10
END TABLES	$12–$20

›› Make your life easy by pricing most items $1, $2, $3, $5 or $10, and using round colored stickers (example: Red is $1, two reds is $2, yellow $3, purple $5, etc.). Put up a few large posters explaining the system, and include three very important words: "All Sales Final." For higher-priced items, write the prices on little stringed tags.

KATE SEARS; PROP STYLING BY PAUL LOWE.

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pricing tricky items

The golden rule: If you don't know the value, don't guess. Three ways to quickly find out:

eBay Go to Advanced Search and check "completed listings." Look for prices on identical or similar items.

craiglook.com Search Craigslists across the country for a sense of comparison prices. Be careful—some people may undervalue items to sell them.

thrift and consignment stores Make a list of items you're not sure about, and head to your local cheap thrift store. My vote: Rather than scanning the store, just take your list to the owner and ask. These people can price things in their sleep.

spreading the word

In addition to placing an ad in the paper, use the following to attract traffic:

e-mail and facebook On Thursday morning, send an e-mail to 50 local friends, inviting them and encouraging them to let five of their friends know, and post the same note as your Facebook status.

craigslist and garagesalestracker.com Log on and post ads on these free meccas of garage sale enthusiasts. Both are organized by city, and Craigslist has a "Garage Sale" section under "For Sale."

grocery store bulletin board Put up a sign in bold, easy-to-read letters.

road signs This is where most of your traffic will come from. A few days before, recruit *(Please turn to 24)*

FIVE SECRETS STOLEN FROM STORES

Stores do one thing well: separate you from your money. So why not borrow their time-tested strategies?

1 **CLEARANCE!** Everyone likes a good deal. Grab some items, price 'em, slash the prices in half and dump 'em in a clearance bin.

2 **FREE WITH PURCHASE.** Some items not selling? Give them away as a bonus or incentive.

3 **THINK IKEA SHOWROOM.** Ever notice how stores create scenes like bedrooms and living rooms to display their goods? Same applies here: Things sell better if you merchandise. So group all the clothing together by size on hangers and include a full-length mirror. For plates and flatware, set up a table with a tablecloth and vase of flowers to display the items. And don't be afraid to bring out some bookcases or a couch (even if they're not for sale) to create the "scene."

4 **BUNDLE.** Choose the items that everyone wants (the nearly-new DVD collection or Dr. Seuss books) and package them together in baskets or with ribbon with less desirable items that might not move on their own. A complete set of children's books or bag of kids' clothes can go for $15, a handful of unopened makeup for $5.

5 **FOOD, FOOD, FOOD.** There's a reason that stores like Target sell food: It draws passersby. Set up a coffee, tea and water station (even add some munchies) front and center, especially in the morning. Post a sign that says "free refreshments." The $4 investment will pay off in spades. Or have kids set up a lemonade stand, which in hot weather can be a boon—it also gives them something to do and they can make their own money.

RACHEL WEILL/GETTY

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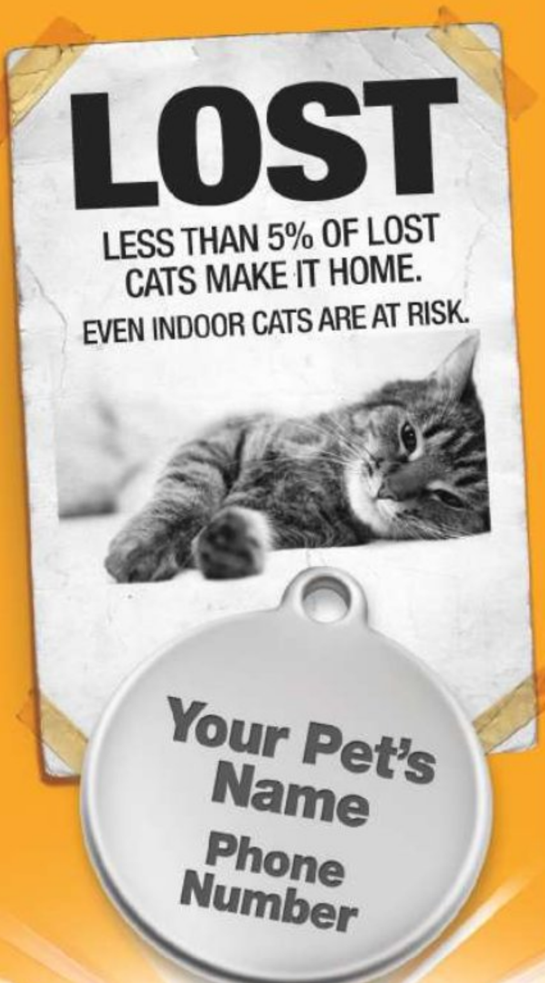

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CLEAN UP AND CASH IN

CONTINUED older kids to make 10 to 20 posters on thick cardboard (old pizza boxes work great) or waterproof posterboard with a thick black Sharpie. List the address and dates of your yard sale, and draw arrows leading toward your home. On Friday before rush hour, post them just before major intersections within a mile or two of your house, where hundreds or thousands of eyes will pass every hour. The biggest mistake people make, according to Reynolds? Not putting up enough signs, and not writing in large, dark letters, so that cars speeding by at 40 mph can read them. On the morning of the sale, drive around to make sure the signs are still up.

selling smart

use a friend's yard. Better stuff can usually be found in better neighborhoods, so if you have a friend who lives in a nicer area, ask her if she wants to do a sale with you, and have it at her house.

beware of the early birds. These dreaded creatures show up way before the sale starts (6–7:30 A.M.). They're often pros in search of specific items to collect or resell, such as vintage kitchen appliances, and want to look quickly and leave. Two choices: You can just expect them to show up and be ready to go by 7 A.M. Or take my tack: Charge 'em a $5 or $10 attendance fee. After all, you're opening early just for them.

be creative. Remember, most shoppers tend to buy two or three items; it's your job to nudge them up to armfuls. As the day wears on, toss in freebies on slow-movers, or cut deals like "I'll give you what you're holding for $5 off if you also take that item over there."

have fun. People like to buy from people who are happy, friendly and having a good time.

sleuth. Pay attention to every item shoppers look at and consider. It'll help you choose something appropriate to toss in for half-price.

ask what they want to pay. If a shopper asks if you'll sell an item for less, make them name the price first. Usually it'll be higher than your lowest offer.

take phone numbers. Say, "I don't want to sell it for that low, but if it doesn't sell by Sunday evening, I'll give you a call."

handling cash

get at least 40 $1 bills and some $5 bills. You're going to be making a lot of change. Also have a roll of quarters handy.

wear a pocketed apron. Everyone will know you're in charge, and keeping money at your waist prevents cashbox theft.

jot down everything you sell in a notebook. Trust me, later you'll have no idea how much you managed to get for that hideous porcelain fish. wd

PROTECT YOUR HOUSE

While most yard salers show up looking for good deals, some have ulterior motives. To stop thieves from stealing, limit the valuables you put out, and if you're using your garage or basement for the sale, make sure you've got plenty of family members around and close off doors to other areas of your home.

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the husband whisperer

How understanding your man's mind can improve your marriage by Jodie Gould

First there was the Horse Whisperer. Then came the Baby Whisperer, then the Dog Whisperer. Seeing all these whisperers tapping into their extrasensory ability to bond with less communicative creatures, I began to wonder if I could do something similar with my husband.

Could delving into his psyche help strengthen our relationship? Or, on a more pragmatic level, could I get him to do what I want without nagging, yelling or being passive-aggressive?

I decided to consult several marriage counselors in my quest to become a bona fide Husband Whisperer. Anything to get my spouse to, among other things, throw *(Please turn to 31)*

CHRISTOPHER SILAS NEAL

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Depression hurts. Cymbalta can help.

When you're depressed, it may seem like nothing matters. You can feel sad. Lose interest in things you once enjoyed. Have feelings of guilt or feel worthless for no apparent reason. You may suffer from fatigue, be restless, or have trouble concentrating. Then there can be changes in appetite, weight, or sleep.

Fortunately, Cymbalta can help. **Cymbalta is indicated for the treatment of Major Depressive Disorder in adults.** Cymbalta is a prescription medication that treats many symptoms of depression. Of course, there are many paths to take when it comes to treating depression, including talk therapy, diet, and exercise. But remember, only your doctor can determine if Cymbalta or other treatments are right for you. Results may vary. Depression hurts. Cymbalta can help.

Talk to your doctor about your depression. Ask if Cymbalta is right for you. Learn more by calling 877-CYMBALTA or visiting www.cymbalta.com.

Important Safety Information About Cymbalta

Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Suicide is a known risk of depression and some other psychiatric disorders. Call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over.

Cymbalta® (duloxetine HCl) is not for everyone. You should not take Cymbalta if you have recently taken a type of antidepressant called an MAOI or Mellaril® (thioridazine) or have uncontrolled glaucoma (increased eye pressure).

Talk to your doctor about all your medical conditions, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or diabetes. Severe liver problems, sometimes fatal, have been reported so talk to your doctor if you have itching, right upper belly pain, dark urine, yellow skin/eyes or unexplained flu-like symptoms while taking Cymbalta. Tell your doctor about your alcohol use and discuss all your medicines, including those for migraine to address a potentially life-threatening condition. Symptoms may include high fever, confusion, and stiff muscles. Discuss if you are taking NSAID pain relievers, aspirin or blood thinners because use with Cymbalta may increase bleeding risk. Consult your doctor before stopping Cymbalta or changing your dose. Dizziness or fainting may occur upon standing. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta. Tell your doctor if you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta which may be signs of low sodium levels. Tell your doctor if you develop problems with urine flow while taking Cymbalta and if you are pregnant or nursing.

The most common side effects of Cymbalta include nausea, dry mouth, and constipation. This is not a complete list of side effects. Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.

See back page for additional Important Safety Information, including Boxed Warning.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Partnership for Prescription Assistance

If you need assistance with prescription costs, help may be available. Visit www.pparx.org or call 1-888-4PPA-NOW.

Cymbalta® duloxetine HCl DELAYED RELEASE CAPSULES

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Information For Patients About Cymbalta® (duloxetine hydrochloride) Delayed-Release Capsules

Please read this information carefully before you start taking Cymbalta (sim-BALL-tah) and each time your prescription is refilled in case anything has changed or new information has become available. This information is not meant to take the place of discussions with your healthcare provider. Talk with your healthcare provider or pharmacist if there is something you do not understand or if you want to learn more about Cymbalta. Always follow your healthcare provider's instructions for taking Cymbalta.

Warning: In clinical studies, antidepressants increased the risk of suicidal thinking and behavior in children, adolescents, and young adults with depression and other psychiatric disorders. Anyone considering the use of Cymbalta or any other antidepressant must balance this risk with the clinical need. Short-term studies did not show an increase in the risk of suicidal thinking or behavior with antidepressants in adults older than 24; there was a reduction in risk with antidepressants in adults 65 and older. Suicide is a known risk of depression and some other psychiatric disorders. All patients starting antidepressant therapy should be monitored appropriately and observed closely. Families and caregivers should discuss with the healthcare provider right away any observations of worsening depression symptoms, suicidal thinking and behavior, or unusual changes in behavior. Cymbalta is not approved for use in patients under age 18.

What is Cymbalta?

Cymbalta is a prescription medicine that is approved to treat multiple conditions. Cymbalta is approved for the treatment of major depressive disorder (MDD) also called depression, generalized anxiety disorder (GAD), and for the management of fibromyalgia (FM) and diabetic peripheral neuropathic pain (DPNP), also called diabetic nerve pain.

What is depression?

Depression is a serious medical condition with a variety of symptoms. Symptoms may include sadness, loss of interest in things you once enjoyed, feelings of guilt or worthlessness, restlessness, trouble concentrating or making decisions, fatigue, changes in appetite or sleep patterns, aches and pains, irritability, and anxiety. For some, depression can include thoughts of death or suicide. These could be depression symptoms if they go on for two weeks or more and interfere with your daily activities.

How is Cymbalta believed to work?

Although the exact way Cymbalta works in people is unknown, it is believed to be related to an increase in the activity of serotonin and norepinephrine, which are two naturally-occurring substances in the brain and spinal cord.

When will Cymbalta begin to work?

In clinical studies, many people taking Cymbalta began to feel improvement in their symptoms as early as 1 to 4 weeks after starting Cymbalta. As with any treatment, results may vary from person to person.

Who should NOT take Cymbalta?

You should not take Cymbalta if:

- You are taking a type of antidepressant known as a monoamine oxidase inhibitor (MAOI), such as Nardil® (phenelzine sulfate), Parnate® (tranylcypromine sulfate) or Emsam® (selegiline transdermal system). Using an MAOI with many prescription medicines, including Cymbalta, can cause serious or even life-threatening reactions. You must wait at least 14 days after you have stopped taking an MAOI before you take Cymbalta. You need to wait at least 5 days after you stop taking Cymbalta before you take an MAOI.
- You have uncontrolled narrow-angle glaucoma (increased eye pressure).
- You are taking an antipsychotic medicine known as Mellaril® (thioridazine).

What should I talk to my healthcare provider about?

Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of treatment or whenever there is a change in dose.

Talk with your healthcare provider:

- About any medical conditions you may have, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or the control of blood sugar in some patients with diabetes.
- If you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported.
- About your alcohol use.
- If you are taking or plan to take any prescription or nonprescription medicines, as Cymbalta may interact with some of these products.
- If you take medications known as triptans, commonly prescribed for migraines. A potentially life-threatening condition may occur when triptans are used with Cymbalta. Symptoms may include high fever, confusion, and stiff muscles.
- If you take NSAID pain relievers, aspirin, or blood thinners as these medications may increase risk of bleeding when used with Cymbalta.
- If you are pregnant, plan to become pregnant, or are nursing.
- If you experience dizziness or fainting upon standing due to a sudden drop in blood pressure. This may happen especially when first starting Cymbalta, when increasing the dose, or when used in combination with certain other drugs.
- About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta.
- If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta which may be signs of low sodium levels.
- If you develop problems with urine flow while taking Cymbalta.

How should I take Cymbalta?

- Take Cymbalta exactly as directed by your healthcare provider.
- Cymbalta should be taken by mouth. Do not open, break or chew the capsule; it must be swallowed whole.
- Cymbalta can be taken with or without food.
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose. Do not take more than the daily amount of Cymbalta that has been prescribed for you.
- Remember to refill your prescription before you run out of Cymbalta.
- Talk with your healthcare provider before stopping Cymbalta or changing your dose.

What are the possible side effects of Cymbalta?

- In clinical studies of depression, the most common side effect was nausea.
- Other common side effects included dry mouth, constipation, decreased appetite, fatigue, sleepiness, and increased sweating.

This is not a complete list of side effects. For full patient information, visit www.cymbalta.com. Talk to your healthcare provider if you have questions or develop any side effects.
You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

What should I do if I think I have taken an overdose of Cymbalta?

If you have taken more Cymbalta than has been prescribed for you, contact your healthcare provider, a hospital emergency department, or the nearest poison control center immediately.

What happens when I stop taking Cymbalta?

Cymbalta should not be stopped suddenly. Stopping Cymbalta may result in symptoms including dizziness, nausea, or headache. Talk with your healthcare provider before stopping Cymbalta as he or she may wish to decrease the dose slowly to help you avoid these kinds of symptoms.

Can children take Cymbalta?

Cymbalta has not been studied in children under 18 and is not approved for this age group. See Boxed Warning above.

General advice about Cymbalta

- Store Cymbalta at room temperature and out of the reach of children.
- Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.
- Medicines are sometimes prescribed for purposes other than the ones listed. This medication has been prescribed for your particular condition. Do not use it for another condition or give this drug to anyone else.
- If you have any questions or concerns, want to report any problems with the use of Cymbalta, or want more information, contact your healthcare provider or pharmacist.

Additional information can be found at www.cymbalta.com.

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THE HUSBAND WHISPERER

CONTINUED away his used yogurt containers, leave the toilet seat down and place his dirty clothes in the laundry basket rather than going for a three-point shot and letting them fall as they may.

So, armed with an arsenal of expert tips, I embarked on a four-week experiment to see if I could somehow morph into a Husband Whisperer and, with practice, patience and perseverance, mold my spouse's mind ever so gently. Here's the advice I followed, along with the results.

1 always say please and thank you—and touch him when you do

I know it sounds like old-school advice, but every marriage expert said the same thing: No one likes being bossed around, especially by their spouses, so there's no point in throwing down orders like a drill sergeant. All it does is evoke memories of their mothers nagging them to clean their rooms. My husband told me point-blank in our early days that if I told him what to do, he'd do the opposite simply out of spite. Real men don't get henpecked.

With this in mind, therapists concur that we need to approach our husbands not like children, but with the calm, respectful manner we would friends. And ask, don't tell. One evening I heard myself sputtering to my husband, "The garbage?!", like a frustrated teenager begging for the car keys. Not surprisingly, that didn't even bring a response. Realizing I was off to a bad start, I tried again. "Could you please take out the garbage? It's starting to stink." I could have left out the last part, I suppose, but I did get a response, although it wasn't the one I wanted: "I'll do it when I get back from the gym."

Later, when the garbage remained unchanged (and still smelly), I upped my game and took the advice of Toni Coleman, LCSW, a relationship coach from McLean, Virginia, who'd told me, "Your husband will respond better if you place a persuasive hand on his arm or back. Men really respond to physical touch."

So I leaned in closely until we were practically cheek to jowl, but not close enough to block his view of the evening news, and I placed my hand gently on his shoulder. Using the sweetest voice I could muster, I said, "Honey, could you please take out the garbage now that you're back?" Not only did I succeed in getting his attention, I got him to spring into action. He seemed pleased (and a bit shocked) when I thanked him afterward. Now, whenever I want him to take out the trash, I summon my kinder, gentler self.

2 lead by example

One of the goals in my Husband Whisperer experiment was to get my husband to clean up after himself. Normally, I would have to put away jars, boxes and whatever else he'd left behind on the kitchen counter after a snack. Then I'd follow up with a damp sponge to get any crumbs or spillage. In my zeal to stay one step ahead of the mess, I'd sometimes put food away before he had a chance to eat it. He'd turn around and say, "Hey, where'd that bread go?" and I'd say, "I thought you were done." Arguments ensued.

"No one likes being bossed around, especially by a spouse, so there's no point in throwing down orders like a drill sergeant. Ask, don't tell."

Why is it so difficult for a husband to swab the deck? It's simple: Some men just aren't that into cleaning. "Women see dirt and feel the mess that men don't see or feel," explained psychotherapist Marilyn Kagan, LCSW, who, with psychologist Neil Einbund, PhD, leads the Making Marriage Work courses at American Jewish University in Los Angeles. Dr. Einbund agreed: "When I do the dishes, my wife will come in afterward and rinse out the sink because she doesn't think it's clean enough. I look at the sink and it doesn't bother me."

I was willing to concede our irreconcilable aesthetic differences, but not yet ready to cave on his cleaning up. So when I spotted my husband heating up some soup, I decided to take a different tack. True to form, not only did he leave behind the dirty pot, but some spilled soup on the stovetop, too. I recalled the advice of New York City psychotherapist and advice columnist Jonathan Alpert, LPC, who suggested I show my husband exactly what needed *(Please turn to 32)*

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THE HUSBAND WHISPERER

CONTINUED to be done. "Men are task-driven and goal-oriented," he said. "Tell him what he should shoot for."

So I called my husband back into the kitchen. Lifting the saucepan, I pointed to the dried-up pools of soup. I could see by his bemused expression that it never occurred to him to look under the pot. Sponge in hand, I continued: "I know you're tired, but I want to show you what works for me," I said, as cheerful as an infomercial. "I just spray a little of this cleaning fluid on the spill, wipe and *voilà!*" He looked at me as if I had just performed a mindfreak. "What's that you use again?" he inquired, much to my own amazement.

Not only did he continue to use the product I suggested, he now regularly cleans under pots, like a little boy exploring the dark rooty underworld beneath a rock. It may seem like a small victory, and the results aren't always perfect, but little things like this are a giant step for my peace of mind.

3 play the empathy card

Another key to being a good Husband Whisperer, I found, is getting your spouse to empathize with your situation. Better to say, for example, that you can't relax and spend time with him or the kids until the dinner dishes are washed than, "Why don't you ever help with the dishes?" Not only do gentler words encourage your husband to see through your bleary eyes, they allow him to come to your rescue—something men take pride in doing for women.

Michelle Maidenberg, PhD, director of the Westchester Group Works, a group therapy center in White Plains, New York, told me that she plays the empathy card with her own husband—like the time she'd repeatedly asked him to put their kids' sleds in the garage. Unlike her, he wasn't at all bothered by sleds scattered on the front lawn like some kind of winter yard sale. A day went by, then two, then a week. "I must have asked him 10 times," she recalls. Finally he said, angrily, "Why don't *you* just put the stupid sleds away?"

> "Reward him for completing a task by doing something you both enjoy—in the bedroom, perhaps."

Dr. Maidenberg realized then that her husband didn't understand why she was asking (OK, nagging) him to do something she could do herself. Then she explained: "It's difficult for me to lift the sleds and carry them down the stairs," she told him. The next morning the sleds were gone.

Buoyed by her success, I let my husband watch while I struggled under the weight of two overstuffed laundry bags. When he didn't budge, I tried the more direct approach. "Buck," I said, using his affectionate nickname, "I really don't think I can lift these bags myself." Like Dr. Maidenberg's husband, he gallantly volunteered to help carry the load. And I'm happy to report that he still does.

4 reward good behavior—the sexier the better

As a Husband Whisperer, I knew that I needed to employ more positive reinforcement. "Reward your husband for completing a task by doing something you both enjoy, like dinner and a movie," Dr. Alpert suggested. "Women often find men who are good husbands and fathers sexy, so the hint of an even greater reward in the bedroom will almost guarantee success."

OK, but why should my husband get a gold star simply for being a good citizen of the household? I don't get a pair of diamond earrings every time I clean the hamster cage. Still, it seemed like a mutually beneficial bargaining chip, so I was willing to give it a go.

I let my husband pick from several chores I wanted to hand over, then I told him about the pot of gold at the end of the rainbow (sex!) that would be waiting for him if he handled that chore for the next few weeks. Intrigued, he chose homework help.

To my amazement, after dinner that Monday, he didn't have to be reminded about our deal. "Can we do the homework now?" he asked eagerly. "After *iCarly* is over," I said, reminding him of another deal we'd struck with our 7-year-old for one hour of TV chill time. When the two of them finally headed off to hit the books, I luxuriated in an extra hour of me-time. And how did my husband respond later? Let's just say he enjoyed it so much that he decided to extend our deal! **wd**

COURTESY OF PETER POSSENTI

Jodie Gould "whispered" her way to more help around the house from husband Robert Katel.

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superdad!

Being heroic doesn't always mean leaping tall buildings in a single bound

by Gary Drevitch

One day, hanging out with my oldest son, who is 9, and his friends, I overheard him say, "My dad stinks!" He was only talking about my ability to play Stratego, and he happened to be right: Although I played this game for years as a kid, he beats me—OK, slaughters me—every time. On the other hand…"my dad stinks"?! That was the moment I realized that things had changed for good.

That's not what he used to say. I remember going with him on a kindergarten field trip years ago, and listening in on a heated debate he was having with a friend about which of their dads was stronger. The debate was ridiculous both because of what they imagined we could do—pushing an apartment building down the street, for example—and because of the sheer nonsense of comparing me with his friend's dad, who is actually *built* like an apartment building. As I laughed and told my son that day that the other father was definitely stronger, he looked at me as if I had told him Superman was afraid of the dark.

For a dad, it's easy to be a superhero to your kids when they're little. They think you're the greatest, and you can't do a thing to convince them otherwise. You hoist them up on your shoulders so they can touch the ceiling, you take them out for breakfast and let them order what they want, and they think everything you say is hilarious. I used to be able to keep my oldest son laughing for an entire afternoon by tossing him on my bed, pulling his arms out to his side, yelling "Clear!" and tickling him on the chest as if my hands were defibrillator paddles.

That was back in the days when my work-from-home schedule allowed me to be around the house more. My wife has always had a more demanding and time-consuming job than I, and has always been happy for me to do a larger share of child care. And she, like many moms, is less interested in being the kids' hero and more interested in getting them to eat their broccoli and brush their teeth. The kids love us equally, but they know the difference.

As the kids have gotten older, being a hero has become more of a challenge for me. You can't put them on your shoulders anymore, they start to demand privacy in their bedrooms (and the kitchen, and the living room), and those same old jokes are a lot less hilarious. These days, when I try to amuse my 7-year-old daughter with a silly song or dance step, my little "Sweeto" *(Please turn to 36)*

PHOTOGRAPHS BY TAMARA SCHLESINGER

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Costumes: Superman Child Costume, $33.99, and DC Comics Supergirl Child Costume, $23.99; **amazon.com**
Bedding: Wrinkle Free White Duvet Cover Set, $59.99 for full/queen (includes 2 shams); 800-462-3966, **bedbathandbeyond.com**

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"My youngest son still thinks I'm Superman," says Gary. "But it won't last."

kids adore me was one of the keys to fatherhood, but over time I've learned that we dads keep doing the things we do for our kids because we know we're being heroic in our own way, even if they don't. And because we love them. So I let all three of them climb onto my back to go sledding, even though it hurts—a ton. I add my daughter's favorite songs to my iPhone so she can hear them in the car, even while knowing how much abuse I'd get if my coworkers ever saw how many *High School Musical* tunes I have on it. And I take them swimming, even though chlorine is my kryptonite, because I know they should learn how to swim.

Maybe, as our relationships with our kids shift, our heroic model needs to shift too. Maybe instead of Superman, who gets all the praise and adulation, we should become more like Spider-Man, who doesn't. In the comic books, he routinely saves the world from supervillains even though almost no one ever thanks him. But public acclaim or not, Peter Parker sleeps well every night, even when his girlfriend dumps him, or his professor fires him from his job in the lab because he's too busy stopping crime. Their gratitude isn't the point. He knows that when

(who used to wake up every morning, climb onto my lap with open arms and say, "I need you!") is likely to take one withering look at me, say, "You're not funny!" and return to her *Phineas and Ferb* episode.

"We dads keep doing the things we do for our kids because we know we're being heroic in our own way, even if they don't."

As a non-superpowered human, I envy Clark Kent for many things: his great job at the *Daily Planet* (especially in this market), his Fortress of Solitude (the ultimate man cave) and, of course, his X-ray vision. But I also envy him because he's able to save the world as Superman, then put on his glasses, comb back his hair, and go back to work to listen in while everyone talks about how awesome he is. As a dad, you get that less often as you become less of a hero to your kids and more of an obstacle standing between them and their video games.

I used to think that having the they leave the house each morning, safe and secure and able to pursue their dreams, it's in part because of him, and because he'd put his life on the line against the Green Goblin in a heartbeat to protect them. He knows he's a hero—and so do we dads. **wd**

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spending-season blues

Teacher gifts, wedding presents… how to keep your finances intact

by Nancy Redd

It's wedding season! And graduation time! And the end of the school year! Everyone else may be celebrating, but just one thing occurs to me: How much is this all going to cost? My husband and I are freelancers, which means our income is pretty unpredictable (yet the monthly bills are always the same).

(Please turn to 40)

WALTER B. MCKENZIE/GETTY

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SPENDING-SEASON BLUES

CONTINUED I know all about the middle-of-the-night number crunching that comes with a must-attend wedding invite, and I know it's nearly impossible not to chip in on end-of-the-year teacher gifts.

If you're in the same predicament, I've got some advice. First and foremost (and please, *listen carefully*): In case you haven't noticed, it's a recession, sister, so forget calling your credit card companies to increase your limits. Your finances come before any social obligation! That means you've got to gracefully wriggle out of expensive expectations without writing off family and friends. Here's how.

The best teacher gift? A handwritten note from you and your child.

GETTY

AVERAGE WEDDING GIFT COST

16% OF WEDDING GUESTS SPENT UNDER $50

35% SPENT $50–$99

30% SPENT $100–$199

19% SPENT $200 OR MORE

FROM A JUNE 2009 AP-*BRIDES.COM* SURVEY

SOCIAL STRESSOR

You can't afford to attend an out-of-state family wedding but don't want to get everyone upset. Should you go anyway, credit card bill be damned? And do you still have to give a gift?

smart solution The new couple might be miffed at first that you won't be sharing in their big moment—but while memories last forever, so can a maxed-out credit card. In this economy, they should understand that not everyone can swing the cost of coming. Once you've committed to saying no, don't try to save face by shortcutting with an impersonal e-mail or Facebook message (it's easy, but rude). Give your regrets in person or over the phone ASAP to free up your reception seats for folks on their B list who probably live nearby.

About the gift: If the invite is from a close family member, then yes, it's proper etiquette to help them start their household off right. To stretch your dollars as you show some love, find other guests to split the cost of a gift with. If money's really tight, take advantage of the deferred payment plan. Tradition dictates that wedding presents aren't "late" if received within one year after the wedding, so save your pennies and give them something later. They'll still be thrilled.

tasteful tip If there are a lot of out-of-towners in the same bill-laden boat, consider chipping in to gift the couple with VowCast ($495+; **vowcast.com**), a streaming video service that allows family and friends from around the world to share in the Big Day in real time! *(Please turn to 42)*

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SOCIAL STRESSOR

You're expected to contribute a not-insignificant amount for a group teacher gift that you don't even get to help choose. Can you back out? Is it OK to give a separate gift?

smart solution Let's face it: Teacher gifts are often just more clutter. How many personalized apple-shaped mugs filled with cocoa does a teacher need? It's perfectly acceptable to bow out of a group gift—just do so immediately. That way you're not stuck with a collection notice from the organizer after the fact. If the organizer uses interrogation tactics to guilt you into going in on that soap sampler or giant tin of gummy worms, calmly suggest that she include a list of contributors with the present. That way the teacher knows exactly who the gift is from. Or suggest that everyone contribute a small amount and buy the teacher something she can really use, like an iTunes gift card or gift card to a department store like Target or Macy's.

As for what your family should give the teacher, consider this: When my mom was a teacher, the pretty soaps and small gift cards were nice, but the children and parents who wrote her handwritten notes telling her what a wonderful teacher she was? "I still remember them as clear as day, because they were so few and far between." So sit your child down with some stationery and have him pen the most priceless present possible.

tasteful tip If you don't feel like it's overkill, include an adoring note from yourself, too.

FYI A 2009 **Edutopia.org** poll found that 31 percent of respondents think a thank-you note is the best gift for teachers.

CONFIDENCE IS KEY!

Now that you've got your priorities in order and you're putting your family's finances first, carry your thrift with your head held high, and never apologize for not being able to afford something. The goal of etiquette is to make others comfortable with your choices, and being extremely embarrassed about your cash crunch doesn't accomplish that—it just makes everyone uneasy. "It's common to tie our self-worth to net worth, so it feels bad to admit that you can't afford something," says Joseph Cilona, PsyD, a Manhattan psychologist. "But the more you choose what's really important to you, like saving money and spending less, the more confident—and relieved—you'll feel about your actions."

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SOCIAL STRESSOR

Every family in your neighborhood has sent you a graduation announcement—even for kids you hardly know. Does this mean you're obliged to give everyone a gift?

smart solution The only thing you're obliged to do is recycle the paper the announcements were printed on! While technically a graduation invitation is supposed to be a proud announcement of a milestone, it's common knowledge that they're often sent out as a thinly veiled request for college cash. For graduates you couldn't pick out of a lineup, no response is fine. (Keep in mind there's a small chance they may have mailed you the message truly out of honor, not for a handout.) For grads that you have a relationship with, money is always appreciated ($10 to $25 is sufficient unless you're extremely close).

But cash isn't the only way to respond. Calling up the grad to congratulate her and asking about her next steps, major interests and dorm choice is a perfectly acceptable (and cheaper) way to show your support. Or wait until August, and put together a care package with dry goods and candy that the grad can take with her to school.

tasteful tip If you have any personal contacts at the student's college or workplace, make the connection, giving the grad a leg up and possibly a future friend.

FYI A 2009 National Retail Federation survey found that Americans spend about $45 per graduate each year. **wd**

Have an etiquette question? E-mail us at ***WDetiquette@womansday.com***

the early bird pays less

When money's at stake, the best rule of thumb: Strike first. If you want to give a gift but don't want to spend a ton, grab the reins and plan cheaper or more convenient options for the whole group. Everyone will be glad you're taking charge—that way, all they have to do is say yes. Gift bought, money saved, problem solved.

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by Mary Hunt

conquer your credit report

If the words "credit report" give you a queasy feeling, relax—you're pretty normal. Most of us would rather undergo a root canal without anesthesia than cozy up with a credit report. But as uninviting as the process may seem, it's one of the most important things you can do to get your financial house in order. So, let's do this together. Here's what you need to know.

7 credit report basics

1 A credit reporting agency (CRA), also called a credit bureau, is a profit-making company that gathers, compiles and analyzes credit information about individuals and then sells it to banks, mortgage lenders, credit card companies, landlords and employers so they can determine the credit rating (credit-worthiness) of a customer. There are three nationwide CRAs: Experian, Equifax and TransUnion.

2 Think of your credit report as a rap sheet. It lists all manner of allegations about you, including where you live, whether you pay your bills on time, whether you've been sued or filed for bankruptcy. If you've ever applied for a credit card, a personal loan or insurance, each CRA has a file on you.

3 There's a good chance your reports have mistakes in them. Equifax alone manages 200 million credit files and makes 2 billion updates to those files every month! According to one study, 79 percent of all credit reports contain mistakes of some kind. Inaccurate or incomplete information in your *(Please turn to 47)*

TOMAS RODRIGUEZ/VEER

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Vyvanse for adults with ADHD. Shown to be effective even at 14 hours after taking.

7:00 AM
Ate breakfast and took Vyvanse.

11:00 AM
Organized the family photo albums.

5:00 PM
Focused on getting dinner started for my kids.

9:00 PM
Was able to spend time with my husband.

CONSISTENTLY
Vyvanse™ (II)
(lisdexamfetamine dimesylate) capsules

In a clinical study with adults with ADHD, Vyvanse significantly improved symptoms of inattention (eg, lack of focus), hyperactivity, and impulsivity. In another clinical study, Vyvanse was shown to be effective 2 hours after taking and was effective consistently throughout the day.

If you have ADHD and have trouble focusing, ask your doctor about Vyvanse. 1-866-630-1283, www.vyvanse.com

IMPORTANT SAFETY INFORMATION

Vyvanse is indicated for the treatment of ADHD. Efficacy based on two controlled trials in children aged 6 to 12 and one controlled trial in adults.

Tell the doctor about any heart conditions, including structural abnormalities, that you, your child, or a family member, may have. Inform the doctor ***immediately*** if you or your child develops symptoms that suggest heart problems, such as chest pain or fainting.

Vyvanse should not be taken if you or your child has advanced disease of the blood vessels (arteriosclerosis); symptomatic heart disease; moderate to severe high blood pressure; overactive thyroid gland (hyperthyroidism); known allergy or unusual reactions to drugs called sympathomimetic amines (for example, pseudoephedrine); seizures; glaucoma; a history of problems with alcohol or drugs; agitated states; taken a monoamine oxidase inhibitor (MAOI) within the last 14 days.

Tell the doctor ***before*** taking Vyvanse if you or your child is being treated for or has symptoms of depression (sadness, worthlessness, or hopelessness) or bipolar disorder; has abnormal thought or visions, hears abnormal sounds, or has been diagnosed with psychosis; has had seizures or abnormal EEGs; has or has had high blood pressure; exhibits aggressive behavior or hostility. Tell the doctor ***immediately*** if you or your child develops any of these conditions or symptoms while taking Vyvanse.

Abuse of amphetamines may lead to dependence. Misuse of amphetamine may cause sudden death and serious cardiovascular adverse events. These events have also been reported rarely with amphetamine use.

Talk to your healthcare provider if your child experiences slowing of growth (height and weight). Children should have their height and weight checked periodically while taking Vyvanse. Your healthcare provider may stop Vyvanse treatment if a problem is found during these check-ups.

Vyvanse was generally well tolerated in clinical studies. The most common side effects reported in studies of Vyvanse were: *children* – decreased appetite, difficulty falling asleep, stomachache, and irritability; *adult* – decreased appetite, difficulty falling asleep, and dry mouth.

Aggression, new abnormal thoughts/behaviors, mania, growth suppression, worsening of motion or verbal tics, and Tourette's syndrome have been associated with use of drugs of this type. Tell the doctor if you or your child has blurred vision while taking Vyvanse.

Please see Patient Brief Summary of Full Prescribing Information on the following page.

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You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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MEDICATION GUIDE

VYVANSE®(lisdexamfetamine dimesylate) CII

Read the Medication Guide that comes with Vyvanse before you or your child starts taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about you or your child's treatment with Vyvanse.

What is the most important information I should know about Vyvanse?
Vyvanse is a stimulant medicine. The following have been reported with use of stimulant medicines.

1. Heart-related problems:
- **sudden death in patients who have heart problems or heart defects**
- **stroke and heart attack in adults**
- **increased blood pressure and heart rate**

Tell your doctor if you or your child have any heart problems, heart defects, high blood pressure, or a family history of these problems.

Your doctor should check you or your child carefully for heart problems before starting Vyvanse.

Your doctor should check you or your child's blood pressure and heart rate regularly during treatment with Vyvanse.

Call your doctor right away if you or your child has any signs of heart problems such as chest pain, shortness of breath, or fainting while taking Vyvanse.

2. Mental (Psychiatric) problems:

All Patients
- **new or worse behavior and thought problems**
- **new or worse bipolar illness**
- **new or worse aggressive behavior or hostility**

Children and Teenagers
- **new psychotic symptoms (such as hearing voices, believing things that are not true, are suspicious) or new manic symptoms**

Tell your doctor about any mental problems you or your child have, or about a family history of suicide, bipolar illness, or depression.

Call your doctor right away if you or your child have any new or worsening mental symptoms or problems while taking Vyvanse, especially seeing or hearing things that are not real, believing things that are not real, or are suspicious.

What Is Vyvanse?

Vyvanse is a central nervous system stimulant prescription medicine. **It is used for the treatment of Attention-Deficit Hyperactivity Disorder (ADHD).** Vyvanse may help increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.

Vyvanse should be used as a part of a total treatment program for ADHD that may include counseling or other therapies.

Vyvanse is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep Vyvanse in a safe place to prevent misuse and abuse. Selling or giving away Vyvanse may harm others, and is against the law.

Tell your doctor if you or your child have (or have a family history of) ever abused or been dependent on alcohol, prescription medicines or street drugs.

Who should not take Vyvanse?

Vyvanse should not be taken if you or your child:
- have heart disease or hardening of the arteries
- have moderate to severe high blood pressure
- have hyperthyroidism
- have an eye problem called glaucoma
- are very anxious, tense, or agitated
- have a history of drug abuse
- are taking or have taken within the past 14 days an anti-depression medicine called a monoamine oxidase inhibitor or MAOI
- is sensitive to, allergic to, or had a reaction to other stimulant medicines

Vyvanse has not been studied in children less than 6 years old. Vyvanse is not recommended for use in children less than 3 years old.

Vyvanse may not be right for you or your child. Before starting Vyvanse tell your or your child's doctor about all health conditions (or a family history of) including:
- heart problems, heart defects, high blood pressure
- mental problems including psychosis, mania, bipolar illness, or depression
- tics or Tourette's syndrome
- liver or kidney problems
- thyroid problems
- seizures or have had an abnormal brain wave test (EEG)

Tell your doctor if you or your child is pregnant, planning to become pregnant, or breastfeeding.

Can Vyvanse be taken with other medicines?

Tell your doctor about all of the medicines that you or your child take including prescription and non-prescription medicines, vitamins, and herbal supplements. Vyvanse and some medicines may interact with each other and cause serious side effects. Sometimes the doses of other medicines will need to be adjusted while taking Vyvanse.

Your doctor will decide whether Vyvanse can be taken with other medicines.

Especially tell your doctor if you or your child takes:
- anti-depression medicines including MAOIs
- anti-psychotic medicines
- lithium
- blood pressure medicines
- seizure medicines
- narcotic pain medicines

Know the medicines that you or your child takes. Keep a list of your medicines with you to show your doctor and pharmacist.

Do not start any new medicine while taking Vyvanse without talking to your doctor first.

How should Vyvanse be taken?

- **Take Vyvanse exactly as prescribed.** Vyvanse comes in 6 different strength capsules. Your doctor may adjust the dose until it is right for you or your child.
- Take Vyvanse once a day in the morning.
- Vyvanse can be taken with or without food.
- From time to time, your doctor may stop Vyvanse treatment for a while to check ADHD symptoms.
- Your doctor may do regular checks of the blood, heart, and blood pressure while taking Vyvanse. Children should have their height and weight checked often while taking Vyvanse. Vyvanse treatment may be stopped if a problem is found during these check-ups.
- **If you or your child takes too much Vyvanse or overdoses, call your doctor or poison control center right away, or get emergency treatment.**

What are possible side effects of Vyvanse?

See **"What is the most important information I should know about Vyvanse?"** for information on reported heart and mental problems.

Other serious side effects include:
- slowing of growth (height and weight) in children
- seizures, mainly in patients with a history of seizures
- eyesight changes or blurred vision

Common side effects include:
- upper belly pain
- dizziness
- irritability
- nausea
- weight loss
- decreased appetite
- dry mouth
- trouble sleeping
- vomiting

Vyvanse may affect your or your child's ability to drive or do other dangerous activities.

Talk to your doctor if you or your child has side effects that are bothersome or do not go away.

This is not a complete list of possible side effects. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Vyvanse?

- Store Vyvanse in a safe place at room temperature, 59 to 86° F (15 to 30° C). Protect from light.
- **Keep Vyvanse and all medicines out of the reach of children.**

General information about Vyvanse

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use Vyvanse for a condition for which it was not prescribed. Do not give Vyvanse to other people, even if they have the same condition. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about Vyvanse. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Vyvanse that was written for healthcare professionals. For more information about Vyvanse, please contact Shire US Inc. at 1-800-828-2088.

What are the ingredients in Vyvanse?

Active Ingredient: lisdexamfetamine dimesylate

Inactive Ingredients: microcrystalline cellulose, croscarmellose sodium, and magnesium stearate. The capsule shells contain gelatin, titanium dioxide, and one or more of the following: D&C Red #28, D&C Yellow #10, FD&C Blue #1, FD&C Green #3, and FD&C Red #40.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

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CREDIT REPORT
CONTINUED credit report could affect your ability to get credit, insurance or even a job. If you've had your identity stolen, it will show up on your credit report and can wreak absolute havoc. It's up to you to manage your report to make sure it contains only true and complete information.

4 Theoretically, all three of your credit reports should match. Realistically, don't count on it. Often the CRAs receive information from varying sources. Once something drops into a file—and a simple human error, like transposed digits in a Social Security number, could put your information into my file—there it stays until you take it upon yourself to check your file.

5 You can use the dispute process (read on) to correct information that contains errors, or to deny that the information refers to you. If you're correct and the information is found to be inaccurate, the information provider will take it off and cannot report it again.

6 However, the law does not allow you to have negative information removed from your credit report just because it's old or is damaging your credit rating. Most negative information, provided it is true, stays on your report for seven years; after that it will be removed. Bankruptcies can be reported for up to 10 years. Positive information, however, can remain there indefinitely.

7 No one, including a prospective employer, landlord or creditor, can get a copy of your credit report unless you agree in writing.

managing your report

STEP 1 ACQUIRE

By federal law, each of the big three CRAs must give you one *free* copy of your credit report each year, but you can't get your free reports from the companies themselves—they'll charge you a fee. Instead, go to **AnnualCreditReport.com,** which was set up by the government. You can order all three of your credit *(Please turn to 48)*

3 ways to speed up corrections

Using the CRA's online dispute service is the fastest way to get errors corrected. But not all disputes can be handled online. In that case:

Contact both parties Send a letter of dispute to both the CRA that issued your credit report and the company or creditor who is reporting incorrect or incomplete information about you. (Send to the addresses in the credit report.)

Be specific In your letter, be very clear about which information you believe is inaccurate or incomplete. Include copies of supporting documents, and enclose a copy of the credit report with the item(s) in question circled.

Get a receipt Use U.S. Certified Mail, return receipt requested. Be sure to keep copies of everything, in case you need to follow up.

TO REPORT FRAUD

EQUIFAX PO Box 740241, Atlanta, GA 30374-0241; 800-525-6285; **equifax.com**

EXPERIAN PO Box 9532, Allen, TX 75013; 888-EXPERIAN (397-3742); **experian.com**

TRANSUNION Fraud Victim Assistance Division, PO Box 6790, Fullerton, CA 92834-6790; 800-680-7289; **transunion.com**

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WHAT A REPORT LOOKS LIKE

123 MORTGAGE COMPANY

123 Sumter Rd
Albany, NY-12201
(518) 555-8843

Account Number:	642889XXXX	Current Status:	PAYS AS AGREED
Account Owner:	Joint Account	High Credit:	$225,000
Type of Account:	Mortgage	Credit Limit:	$0
Term Duration:	360 Months	Terms Frequency:	Monthly (due every month)
Date Opened:	2003/12	Balance:	$210,075
Date Reported:	02/2007	Amount Past Due:	$0
Date of Last Payment:	02/2007	Actual Payment Amount:	$0
Scheduled Payment Amount	$1,475	Date of Last Activity:	01/2004
Date Major Delinquency First Reported:		Months Reviewed:	50
Creditor Classification:		Activity Description:	N/A
Charge Off Amount:	$0	Deferred Payment Start Date:	
Balloon Payment Amount:	$0	Balloon Payment Date:	
Date Closed:		Type of Loan:	Conventional
Date of First Delinquency:	N/A		
Comments:	Freddie Mac Account		

81-MONTH PAYMENT HISTORY

Year	Jan	Feb	Mar	Apr	May	June	Jul	Aug	Sept	Oct	Nov	Dec
2007	*	*										
2006	*	*	*	*	*	*	*	*	*	*	*	*
2005	*	*	*	*	*	*	*	*	*	*	*	*
2004	*	*	*	*	*	*	*	*	*	*	*	*
2003												*

Here's a sample of what you can expect to receive from a credit bureau. Scrutinize all elements carefully: dates, dollar amounts, even basic data such as your name and address.

reports at the same time, or order them one at a time. If you do the latter, stagger them throughout the year so you can check on your credit periodically.

STEP 2 REVIEW

Grab a highlighter. As you read through your report, highlight anything that you believe is inaccurate or incomplete. Also mark anything you're not sure of, such as a line of credit you don't recognize. Be thorough. If your street name is misspelled, mark it, as well as anything else you find off-base or even just a little weird. Under the law, both the CRA and the information provider (such as a credit card company) are responsible for correcting any inaccurate or incomplete information on your report. Your job is to find those inaccuracies.

STEP 3 DISPUTE

Once you have your list of incorrect or questionable items, write to the CRA that issued the report. Tell them about these items and add that you wish to dispute each one. Be sure to keep a copy of your dispute letter or report. The CRA must investigate any items that you question, usually within 30 days, but if your credit report is a mess, it could take longer. If you don't get a response within a month, I suggest sending your dispute

WHAT ABOUT MY CREDIT SCORE?

In the same way you have multiple credit reports, you have multiple credit scores. Think of it like this: You write a term paper. But rather than turning it in to one professor, your paper is presented to a panel of six professors, who will each evaluate your paper and give you a grade. You'll end up with six grades—no two of them necessarily the same. One might give you an A-, another a C+. It's the same with your credit file, except that computer programs, or "scoring models," do the evaluating.

While there are dozens of scoring models out there (you could have as many credit scores), the score that's used most widely by lenders is the FICO score. Which means, alas, that you have *three* FICO scores: Experian FICO, Equifax FICO and TransUnion FICO.

No one offers a truly free FICO score. If you want to know yours, you can purchase your Equifax FICO and your TransUnion FICO at *MyFICO.com*. (For now, Experian's FICO score is not available to consumers.)

FICO scores range from 300 to 850. To get the best mortgage rates, you currently need a score of at least 760, which is considered excellent. Other lenders suggest that a score in the "mid-700s" is required to even get a mortgage.

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again. Include a copy of your original communication. A good paper trail will help you keep an accurate record of your progress. You may have to do this several times, but don't give up—persistence will pay off. If they discover that those entries are indeed inaccurate, they must notify all three CRAs to correct the information.

If, heaven forbid, you find evidence of identity theft (such as an unfamiliar credit card account in your name), immediately call one of the three nationwide agencies to place a Fraud Alert on your files. That way, no one can use a credit card with your name on it without calling the CRA first. Depending on the nature of the fraud, you may need to make a police report.

STEP 4 FOLLOW UP

About four months after your successful dispute, order another free credit report. Check to make sure that all of the information you disputed has either been corrected or removed. If not, submit copies of your disputes again. And again, until you prevail. **wd**

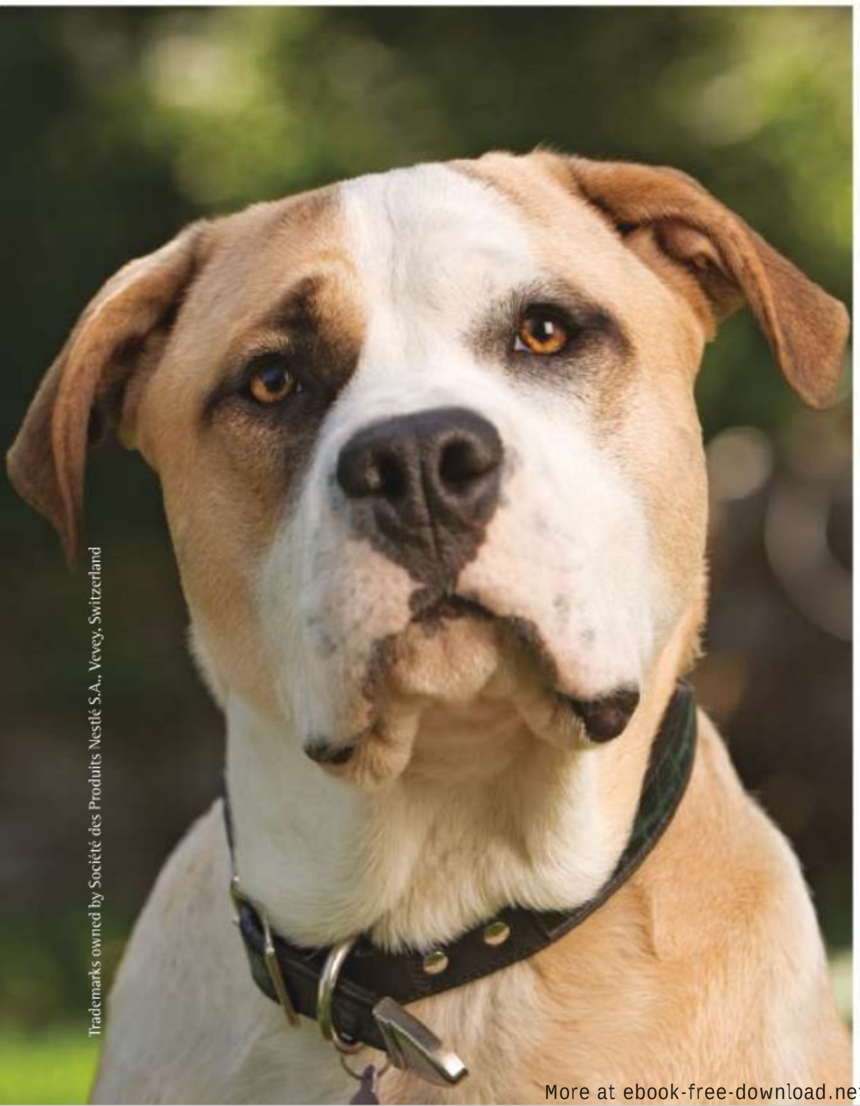
BEWARE IMPOSTORS!

Only one website is authorized to take your order for the free annual credit report to which you're entitled—*AnnualCreditReport.com.* Other sites may claim to offer "free credit reports," "free credit scores" or "free credit monitoring," but they're not part of the legally mandated free credit report program. Here's the test: If you have to give a credit card number or agree to any charge whatsoever, you're dealing with an impostor. Stop immediately.

To order online Go to *AnnualCreditReport.com.* You'll have immediate access to one or all three of your credit reports.

To order by phone Call 877-322-8228. Expect to get your credit report in the mail within two to three weeks.

To order by mail Complete the "Annual Credit Report Request Form" (find this at *annualcreditreport.com*), and mail it to: Annual Credit Report Request Service, PO Box 105281, Atlanta, GA 30348-5281. It will take two to three weeks to receive your report.



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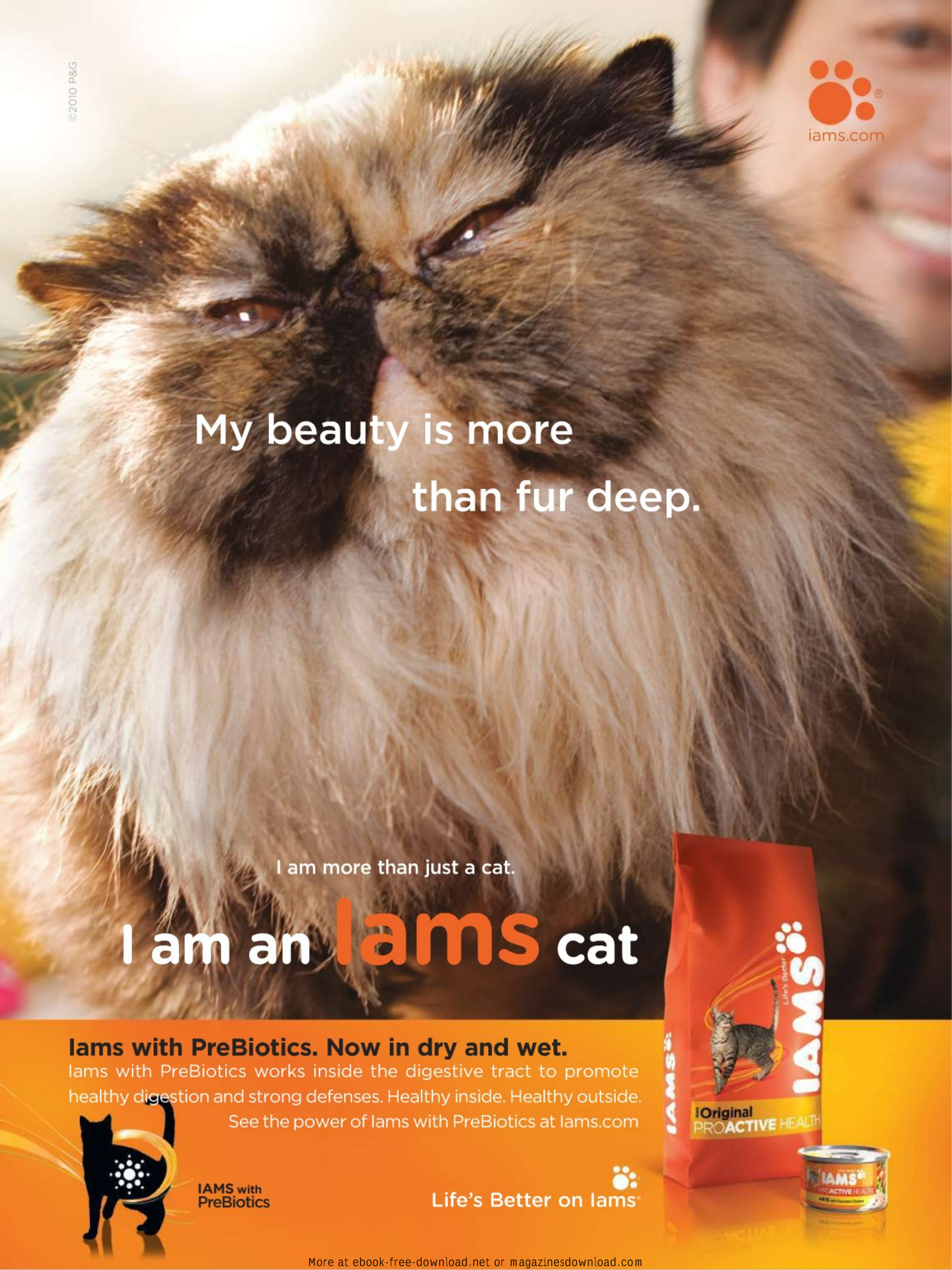

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Forget the reputation men have of not doing housework—tips from these guys will have your home spotless in half the time by Jennifer Matlack

mister clean

Ever watch a man detail his car? I'm always amazed at how meticulous my husband Jeff is when he's hard at work on his station wagon. He methodically dusts, wipes, scrubs, vacuums and polishes that car top to bottom, inside and out, until every last speck of dirt is history.

It makes me want to run out to the driveway and ask, *Honey, how about detailing the kitchen next?* I mean, if he's that good with a vehicle, imagine what he'd do with the house! Luckily, plenty of other guys have a way with a sponge and a spray bottle no matter what they're cleaning—be it a Mustang or a microwave. And we've rounded up a bunch of them to share their best tips and techniques. *(Please turn to 54)*

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imitate your mate

While you'd never want to emulate certain male behaviors, there are a few that you can actually put to good use around the house.

gather your gear Men love checklists, from making sure everything's turned off in the house before your vacation to detailing all the essentials they'll need to go fishing. Do the same when it comes to cleaning: Pull together the tools you'll need in a carryall tray, a bucket or a bib-style cleaning apron. "This way your supplies are in one place and ready to go when you're ready to clean," says Jeff Campbell, author of *Speed Cleaning*.

plan your attack "Men like to have a clear action plan and they don't waver from it," says Kevin Ward, co-owner of Teresa's Family Cleaning in Rocky Point, New York. They like to know how they're going to do something before they even begin. Follow their lead: Once you decide what you're going to clean and how you'll do it, stick to that strategy. It will help you stay focused and finish faster.

make every minute count "When men clean, they want to get in and get out as fast as possible," says Ward. That's why they'll have the dishwasher going and the clothes washing while they're cleaning the rest of the house. Make that part of your game plan too. "When you're done, everything is done," says Steve Parker, a former restaurant cleaning business owner in Wallingford, Connecticut.

add an incentive What man would turn down the promise of a beer? Not my husband. Of all the chores Jeff does, the one he despises most is cleaning the pool. To stay motivated, he sets a cold beer at the opposite end of the pool. Here's a similar tip to get you moving when you're cleaning: Turn on music in the room you'll finish in, not the one you start in, says Parker. "It will 'lead' you to your endpoint faster." *(Please turn to 56)*

MR. CLEAN COMES CLEAN

Historically, cleaning has always been deemed "women's work." That is, until Procter & Gamble introduced Mr. Clean in 1957, dressed in his signature white T-shirt—and a frilly apron covered in hearts! (That didn't last long.) The bald, tan, muscular icon, whose first name is Veritably, had one mission: to sell products by convincing female consumers that cleansers had to be tough to be effective. And what could be tougher than a burly bald guy? In fact, he (the product, that is) was *so* tough, he'd do the brunt of the work for you. The move paid off: Mr. Clean is now one of the most recognized brands in the world.

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quick tips

▶ SHINE A SHOWER

Men are resourceful when it comes to cleaning products. "Wipe your shower walls with car wax to prevent soap scum from building up," says Steve McQueen, a Merry Maids cleaner in Roswell, Georgia. "But you shouldn't do it too frequently. Once a year does the trick."

▶ MAKE GLASS GLEAM

Forget paper towels. There's a reason guys at the gas station use squeegees. "They're the best tool for windows, mirrors, tile and shower doors," says Steve Zeitler, cofounder of the Citra Solv natural cleaning products company. One to try: OXO Good Grips Stainless Steel Squeegee ($12.99; **amazon.com**).

▶ UNCLOG A DRAIN

A few bucks is all it takes to fix this problem. "A $7 tool called the Drain Claw (**thedrainclaw.com**) removes hair from the drain with a simple push-and-twist movement," says Lou Manfredini, host of the national TV show *House Smarts*. Bonus: no harsh chemicals down your drain.

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tools of his trade

These four surprising tools get the job done—man-style.

GUY GEAR: a wet/dry vac

manly use: cobweb collector "I tape together my two vac hoses, add a soft brush attachment and then secure everything to my skylight crank, so I can clear the spiderwebs that accumulate on our 12- and 16-foot ceilings," says Chuck Miller, an editor who lives in Newtown, Connecticut.

GUY GEAR: a leaf blower

manly use: vacuum hose cleaner "Remove the hose from your vacuum, then head outside and use the blower to clear out the inside of the hose," says Lori Dolnick, an advertising executive from East Windsor, New Jersey, who got the tip from one of her male clients. "Whatever is stuck in the hose will come shooting out." Another great use for a leaf blower: Sweep up your patio or deck with it. It cleans out all the corners a broom can't reach.

GUY GEAR: steel wool

manly use: pot scrubber "Grade 3 synthetic steel wool pads from the hardware store, normally used to strip paint, can clean stainless steel and aluminum pots that are crusted solid with cooked-on gunk," says Andrew Engel, a writer and father of two in Roxbury, Connecticut. "And it doesn't clog as quickly as a normal green scrubbie." What about scratching? Andrew swears it won't, but to be safe, opt for a *fine* synthetic steel wool pad.

GUY GEAR: a tennis ball

manly use: scuff eraser "Spray the ball's fuzzy abrasive surface with an all-purpose cleaner to easily remove scuff marks from floors and walls and to clean patio furniture," says Tom McNulty, author of *Clean Like a Man.*

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getting down and dirty

Think women clean circles around men? Think again. Here are six ways men clean better than us.

in the kitchen

YOU...	HE...	WHY HIS WAY IS BETTER
wash the floor with a bucket of water and a mop.	washes the floor with a spray bottle and a mop.	"Rather than lugging around a heavy bucket full of dirty water that you have to keep emptying and refilling, you can spritz, wipe and move on," says McNulty.
notice a smudge on the oven door and wipe down the whole door.	notices the smudge and wipes only it.	"Spot-cleaning saves time. Period," says McNulty.

in the bathroom

YOU...	HE...	WHY HIS WAY IS BETTER
have a pile of old rags under the sink that you use whenever you clean.	uses color-coded microfiber cloths.	"Microfiber is good on grime, and coding cloths halts germs," says David Heitner, founder and CEO of Heits Building Services, a cleaning company with 120 franchises. So do the same: yellow for the sink, red for the toilet.
pour cleaner in the toilet bowl and start scrubbing with the toilet brush.	pours cleaner in after "pushing" and plunging bowl water back into the tank with the toilet brush.	"This lets you really wash the bowl without the water getting in the way and diluting your cleaning product," says Heitner.

in the bedroom and family room

YOU...	HE...	WHY HIS WAY IS BETTER
make the bed right after you wake up.	makes the bed after his morning routine.	"Moisture from body heat makes your mattress more attractive to dust mites," says Adam Lowry, cofounder of the Method cleaning products company. "Leaving your bed unmade for about an hour lets it dry out."
use paper towels to dust.	uses the vacuum's brush attachments to power-dust bare floors, headboards, lampshades, more.	Paper towels are ineffective, says Ward. They don't collect as much dust as you think.

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my husband taught me...

"...that carpet stain remover also works on furniture upholstery and clothes. He suggested I use some on my favorite pink suit to get out a black Sharpie ink spot, and the mark vanished. Who knew?"

Barbilee Hemmings, Edmonton, Canada

"...how to clean our cast iron skillet. He said to just sprinkle kosher salt in the skillet, then wipe it with a sponge. I'd never heard of this before, but the salt really does absorb the oil and get food off."

Kristen Wilson, Scotch Plains, NJ

"...a better way to keep our wood floors spotless. I now use a large janitorial dust broom that he bought for me at an industrial supply store. Even if the kids push it around the house sloppily, it still picks up most of the dog hair, dust and dirt."

Melody Brooke, Richardson, TX

"...that I didn't need to buy a special spot remover when we got a dark stain on our light-colored carpet. He said to just use laundry stain remover—and he was right, it worked! We haven't bought a carpet cleaner since."

Tonya Gustafson, Seattle

"...to always put like utensils together when loading the dishwasher: forks with forks, spoons with spoons, and so on. This way, you save time when you're unloading."

Patty Bontekoe, Fair Lawn, NJ

DID YOU KNOW? On an average day, only 20 percent of men in the U.S. do housework, such as cleaning or laundry. Source: Bureau of Labor Statistics

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Wholesome Whole Grains	✓	?
Garden Veggies & Fruit	✓	?
LifeSource® Bits	✓	?
All Natural*	✓	?
NO Corn, Wheat or Soy	✓	?
NO Chicken or Poultry By-Product Meals	✓	?

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a woman's day in... Sacramento

Kate Washington with husband Brad Buchanan and kids, Nora, 4, and Lucy, 6 months.

2

Although it's the capital of California, there's nothing bureaucratic about this city. Just ask six-year resident Kate Washington, 37. "Sacramento is a hidden gem," she says. "People whiz by on I-80 to get to Lake Tahoe, but we have so many cool things to do that it's worth a stop." A big bonus: location. The city is situated at the junction of two rivers, so you'll find outdoor fun all along its shores. Here, Kate shares more reasons to head west for a visit.

1. BEST WAY TO SEE THE CITY

On foot "One of the great things about Sacramento is that it's flat, so I walk everywhere. It's fun to poke into the quirky boutiques along J Street, wander through the rose garden on the state capitol grounds, and check out the capitol itself—admission is free."

2. BEST PLACE FOR A PICNIC

Along the American River "The 23-mile American River Parkway trail that follows the water has many access points where you'll find parks and picnic areas overlooking the river. There are even wading areas for cooling off on a hot summer day—and believe me, Sacramento can get hot!"

3. BEST BURGER

Nationwide Freezer Meats (*nationwidefreezermeats.com*) "This place has a 1950s vibe that's so charming. And the burgers! They're big, juicy and delicious."

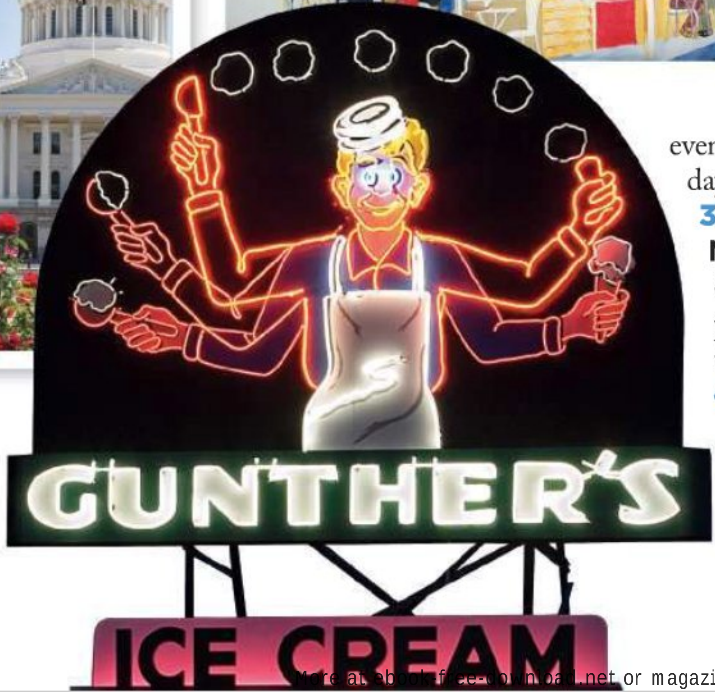
4. BEST ICE CREAM

Gunther's Ice Cream Shop (*gunthersicecream.com*) "It's been here since 1949 and still looks like an old-time soda shop. It's not one of those new *(Please turn to 62)*

3

1

4



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super-fancy ice cream parlors. And the flavors have remained classic too, with old-fashioned favorites like Rocky Road. But you'll also find a few artisan ice creams like their seasonal Black Licorice. My daughter Nora is always charmed by the neon sign."

5. COOLEST MUSEUM

California State Railroad Museum (*csrmf.org*) "This is a fantastic kid spot, and it's fun for grownups, too. The museum is the crown jewel of Sacramento because it celebrates the city's role in the building of the transcontinental railroad. There are full-size historic trains to climb on, a huge display of model railroads, a Thomas the Tank Engine play area, and train rides in the spring and summer. My daughter loves pushing the buttons to make the model trains run."

6. FUN PLACE TO TAKE THE KIDS

ArtBeast Studio (*artbeaststudio.com*) "This children's art studio and free-play space opened last summer. The best parts are the huge art room where kids can make a mess (they can even paint on the walls), and the costume/drama room with a stage and dress-up of all kinds. It's the perfect place to take the 6-and-under set on a rainy day."

7. BEST SPORTS VENUE

Raley Field (*raleyfield.com*) "Home of the River Cats (the Triple-A team of the Oakland A's), this intimate park is a great family spot. The outfield lawn seating on Home Run Hill is less than $7, so you can sprawl out on a blanket, watch the game and not feel bad if you have to leave after a few innings to get the kids to bed."

8. BEST PLACE FOR A ROMANTIC DINNER

Ella Dining Room and Bar (*elladiningroomandbar.com*) "My husband and I went there recently for our date night. The Contemporary American food is excellent. Don't miss the roasted bone marrow appetizer—it's primal and luscious. I love Ella's sleek style. The most intriguing design touch: Hundreds of antique wooden shutters line the ceiling and walls."

9. BEST MOVIE THEATER

The Tower Theatre (*thetowertheatre.com*) "The Tower is a landmark. It's a traditional art-house theater that opened in 1938. You can even see its neon tower from the freeway. If you want to catch an independent film that may be hard to find at the big multiplexes, this is the place to come."

10. BEST MARKET

Certified Farmers' Market "It's not the most picturesque place since it's located under the freeway at 8th and W Streets, but this big outdoor market is well worth a visit. It runs year-round on Sunday mornings and it's my go-to place for big bunches of seasonal flowers that aren't too pricey. Other key stops there include the OctoberFeast bakery stand for buttery croissants, Bariani for local olive oil, and when they're in season, don't miss the huge, ripe peaches from Brenner Ranch. So good!"

Interview by Angela Ebron

Where to stay? Go to **womansday.com/sacramento** for suggestions. **wd**

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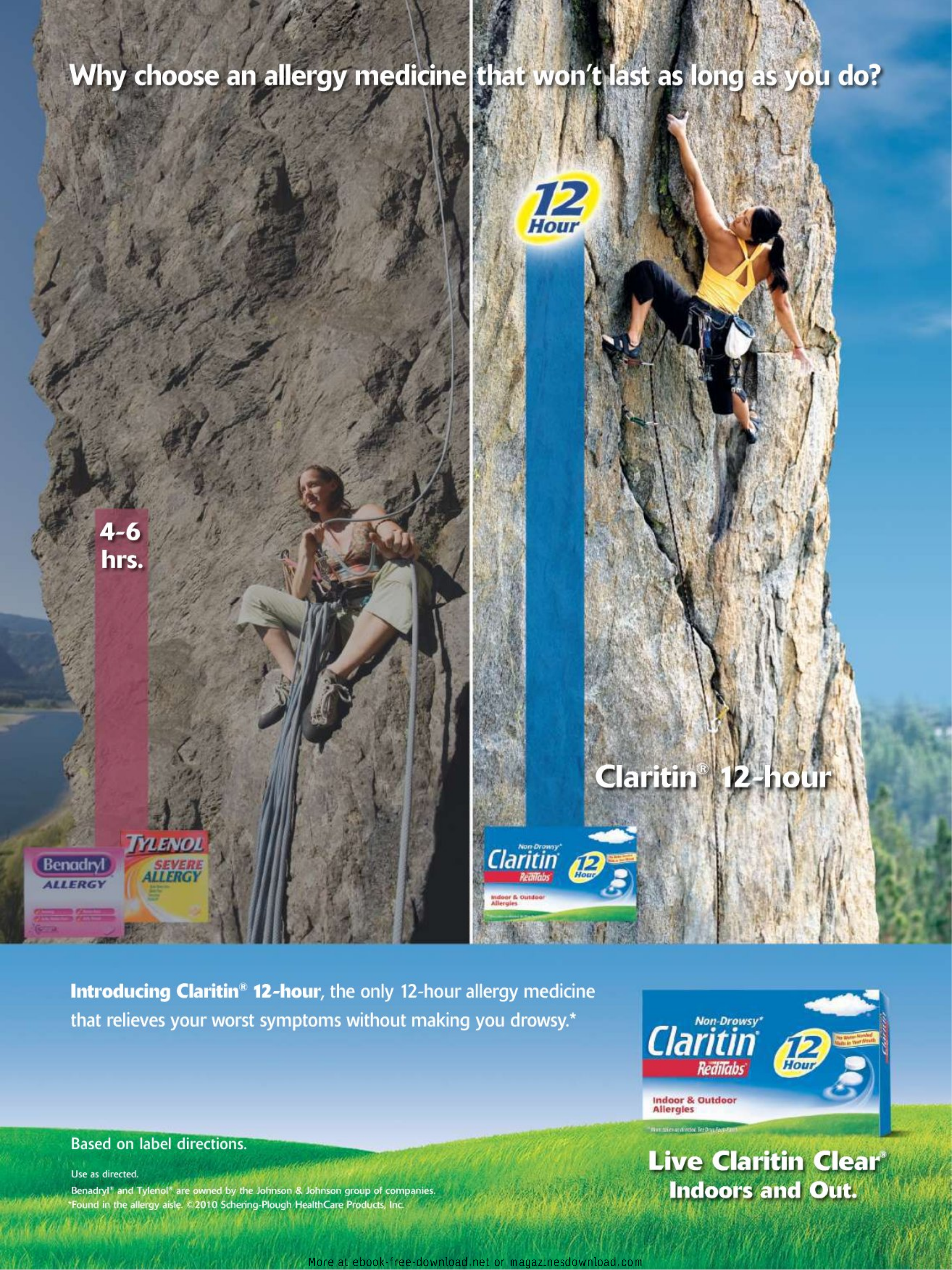

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RISE AND SHINE

Celebrate your husband by having the kids surprise him with his morning coffee in a cheerful new mug, like the Dad Words or Top Dog mugs from Rock Scissor Paper ($14 each; **rockscissorpaper.com**). For more great gift ideas, just turn the page.

CON POULOS; PROP STYLING BY GERRI WILLIAMS.

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POP SHOP

From functional to whimsical, fun gift ideas for the men in your life who want "nothing"

THE **CLASSIC** DAD

WASH ON, WASH OFF

Sneak the moisturizing Extra Fresh Body and Face Bar from Dove's Men+Care line into the shower. **(2 bars, $3.19; at drugstores)**

SCENT OF A MAN

The grapefruit, cedarwood and patchouli blend in Coach for Men cologne means you'll want him close. **(3.4 oz, $75; coach.com)**

CHECK IT

We guarantee the Lands' End Gingham Button-Up Shirt will become his new favorite wardrobe staple. **($39.50; landsend.com)**

TAKE COVER

Cole Haan Aviator Sunglasses aren't just cool. The UV-coated lenses will shield his eyes from harmful rays. **($150; at optical stores)**

ALL ABOARD

Just the right size for coins and keys, the Oceania Porcelain Trays will keep the contents of his pockets stylishly corralled. **(Shown in Compass, Sailboat and Anchor, $13 each; areohome.com)**

ROCK STAR

Put these Sea Stones On The Rocks in the freezer, then pop them into his drink—they won't water it down! **($30; sea-stones.com)**

BOOK 'EM

Fresh takes on parenthood: *Are We Winning?* **(Hyperion, $24.99)** and *What I Would Tell Her* **(Harlequin Nonfiction, $13.95)**.

BOTTOMS UP

Honor his love of the sea with HomArt's nautical bottle openers. **(Anchor, $9, and Whale, $18; areohome.com)**

SMALL CHANGE

Perfect for a night out, The Jack Spade Linen Plaid Credit Card Holder holds cash and two credit cards. **($50; jackspade.com)**

TODD HUFFMAN; ON-SET STYLING BY CLAIRE TEDALDI WITH HALLEY RESOURCES. DYLAN DOUBLE OLD-FASHIONED GLASS, $8.95; *CRATEANDBARREL.COM*

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SCRAPES AND BRUISES ARE PART OF GROWING UP.

BUT SOME THINGS DON'T HAVE TO BE.

As your preteen grows up, he or she will continue to need your protection. So it's important to know about the diseases that can affect your son or daughter:

- **HPV (human papillomavirus):** the virus that can cause cervical cancer, genital warts, and other HPV-related diseases
- **MENINGITIS:** a very serious infection of the brain and spinal cord lining
- **WHOOPING COUGH:** a highly contagious, prolonged respiratory tract infection
- **CHICKENPOX:** a viral infection that causes fever and an itchy rash, which can turn into blisters

AT YOUR CHILD'S NEXT DOCTOR'S VISIT, ASK WHAT YOU CAN DO TO HELP.

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THE **RUGGED** DAD

EDITORS' PICK

RAISING THE BAR

Woody's Meat and Potatoes Bar soap can be used on hair and body—he can lather, rinse and go. **($12.95; woodysgrooming.com)**

ABOUT FACE

The Gillette Fusion ProGlide Power gently vibrates to reduce friction and ensures a really close shave. **($13; at drugstores)**

Your Mr. Fix-It will appreciate the Magwear Magnetic Wristband, which keeps everything from nails to nuts "on hand" for projects. **($19.95; redenvelope.com/style)**

SLIP AND SLIDE

Kiehl's Ultimate Brushless Shave Cream is infused with menthol and camphor to calm and soothe skin. **($16; kiehls.com)**

GRILL MASTER

Don't let Dad near the grill without Old Navy's affordable grill accessory set, which includes a denim apron. **($24.50; oldnavy.com)**

A LITTLE BIT COUNTRY

Tim McGraw's Southern Blend fragrance has a rich blend of whiskey accord, tobacco and amber. **($23 for 1 oz; at drugstores)**

FLAVOR SAVER

The Chef'n Grill'n Sauce Mop's silicone brush is easy to clean. **($14.99; chefsresource.com)**

HANDY MAN

Dad will be well-equipped to complete his weekend projects with the 14-Function Multi Tool from Kohl's. **($20; kohls.com)**

FIRE AWAY

Dad can grill just about anywhere with the O-Grill 1000 Portable Gas Barbecue Grill. It's an easy addition to the next picnic or tailgate party. **($139.95; amazon.com/home)**

DIVIDE & CONQUER Want to give a gift that's too big for your own budget? Split it with your siblings through the website *eDivvy.com*, which lets you pool your money to buy the gift as a group online.

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Page 1 of 1

Customer Care Manager

From: Deanna Bobiwsky
Sent: September 03 2008 / 15:23
To: Bio-Oil Customer Care
Subject: Thank you Bio-Oil!

I started working at my nearby drug store and was assigned to train in Cosmetics, thankfully for that I was introduced to Bio-Oil and I must say it is the greatest!

After only using the tester twice a day after my first 2 weeks of work my skin had such a great improvement and is so soft and healthy! I was so happy afterwards as I usually have really rough hands from work and just from around the house… really keyboard worn and everything.

Thank you Bio-Oil for the greatest oil, I am thankful that I can still suggest it to my co-workers and others even if I am in the Photo department now. It is amazing being able to talk about skincare now and then, and Bio-Oil is the best out of anything!

Keep up the great work!

And thank you for making the greatest product ever.

D. R. B.
Deanna Bobiwsky
Richmond, VA

09/03/2008

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Bio-Oil® is a specialist skincare product formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient PurCellin Oil™, is also highly effective for aging and dehydrated skin. Bio-Oil absorbs quickly and leaves no oily residue. It is suitable for all skin types and should be applied twice daily. Bio-Oil is available at drugstores and selected retailers from $11.99 (2fl.oz.) and $19.99 (4.2fl.oz.). Individual results may vary. For more information ask your pharmacist or visit bio-oil.com.

No.1

THE NO.1 SELLING SCAR
AND STRETCH MARK PRODUCT IN
ENGLAND *(IRI, 2009)*
CANADA *(Nielsen, 2009)*
NETHERLANDS *(Nielsen, 2009)*
AUSTRALIA *(Nielsen, 2008)*
SOUTH AFRICA *(Nielsen, 2009)*
IRELAND *(IRI, 2009)*
NEW ZEALAND *(Synovate Aztec, 2008)*
Full references at bio-oil.com

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THE **HIP** DAD

PIG OUT
Sir Francis Bacon Peanut Brittle contains smoked bacon and American-grown peanuts. **(8-oz box, $15.95; baconpeanutbrittle.com)**

MR. TEE
Nothing says cool, calm and collected like the Patagonia Men's Live Simply Guitar T-shirt. **($30; patagonia.com)**

GET GROOVIN'
Music sounds better with a pair of Merkury Innovations Big Round Headphones. They're great at blocking outside noise and have comfy, cushy ear cups. **($19.99; merkuryinnovations.com)**

MUSIC, MAN
The tiny I.dear Speaker clips onto his key chain and connects to any MP3 player with a standard jack. **($36; momastore.org)**

COLD ONE
The neoprene Six-Pack Tote keeps bottles safe and cold. Add his favorites for a perfect "case." **(Navy avail. July. $23; builtny.com)**

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BRING HOME THE BACON
Fred Flare's Bacon Wallet looks good enough to eat but is designed to store the essentials. **($16; fredflare.com)**

SPINSTER
Merkury Innovations' iPod DJ Mixer can hook up two iPods, which means a *big* playlist. **($119; merkuryinnovations.com)**

LIGHT WORK
If he loves to read before bed, give him the flip-on USB Rechargeable LED Light. It won't disturb you and it'll keep his eyes from straining. **($28; momastore.org)**

GET ANTSY
These Lands' End Ant Pajamas are both comfy and fun, the perfect combination! **($48; landsend.com)**

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Think Reclast

Reclast is a bisphosphonate like Fosamax,® Actonel® and Boniva.® With oral bisphosphonate treatments, only a fraction of the medicine gets to the bone with each dose, so you have to take them more frequently.

With Reclast, it's possible to significantly increase your bone mass without taking weekly or monthly osteoporosis pills. Reclast is the only once-yearly osteoporosis treatment, and is given through an IV by a doctor or nurse for at least 15 minutes.

How It Works

One annual dose, along with daily calcium and vitamin D, helps to increase bone density, protecting and strengthening your bones.

Reclast is given through an IV. It bypasses your stomach to go directly through the bloodstream to the bones, fortifying them and making them stronger for an entire year.

What to Expect

The benefits of Reclast last for a year. Most common side effects don't. The most common side effects include flu-like symptoms, fever, muscle or joint pain, headache, nausea, vomiting and diarrhea. Most occur within 1–3 days of treatment and can last up to 7–14 days. If you've taken oral bisphosphonates or have been treated with Reclast in the past, you are less likely to experience side effects. Taking a mild pain reliever like acetaminophen up to 3 days after treatment may reduce these symptoms.

The Cost

The average cost of a Reclast treatment is under $60 if you've already paid your yearly deductible. That's less than the annual cost of other drugs — including generics! As Reclast is an infusion, costs are covered by Medicare Part B, not Medicare Part D.

Talk to Your Doctor

Only your doctor can determine if Reclast is right for you. Ask your doctor about Reclast today.

Prescription Reclast is approved to treat postmenopausal osteoporosis.

Important Safety Information:

You should not take Reclast if you're on Zometa® (zoledronic acid) Injection because it contains the same active ingredient. Additionally, you should not take Reclast if you are pregnant, plan to become pregnant, you are nursing, have low blood calcium, kidney problems, or are allergic to Reclast.

It's important to drink fluids before getting Reclast to help prevent kidney problems. Tell your doctor if you have dental problems because rarely, problems with the jaw have been reported with Reclast. Discuss all medicines you are taking, including prescription and non-prescription drugs, vitamins and herbal supplements. If you develop severe bone, joint, or muscle pain, numbness, tingling or muscle spasms, contact your doctor.

OVER ONE MILLION INFUSIONS WORLDWIDE

Reclast®

(zoledronic acid) injection

5 mg/100 mL for infusion

1-866-Reclast   www.reclast.co

Please see next page for a brief summary of Important Product Information.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088. If you don't have prescription coverage and can't afford your medicines, log onto www.pap.novartis.com or call 1-800-245-5356.

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THE **SPORTY** DAD

TUNE IN
Perfect for camping, the Microlink Radio Flashlight can be charged with solar power or hand-cranked. **($30; momastore.org)**

GO FISH
If your dad reads fishing catalogs for pleasure, get him a gift card to a store like Bass Pro Shops and hide it in this fun letterpress printed Fish card. **(#1424S, $5; eggpress.com)**

FISH FOOD
The Trout Novelty BBQ Lighter will have him grinning at the grill, whether he caught your dinner or not. **($9.99; bassproshops.com)**

IN THE KNOW
The Helios Solar Weather Station doesn't just tell the temperature: It predicts it for the next 12 hours. **($55; oregonscientific.com)**

LEADER OF THE PACKS
Just right for a hiking trip, the Bitterroot Daypack has adjustable straps and a built-in sack for water. **($49.99; cabelas.com)**

Important Patient Information Reclast® (zoledronic acid) injection™ (Re-clast)

WHAT IS RECLAST?
Reclast is a prescription medication used to treat osteoporosis in women after menopause.

If your doctor prescribes Reclast, you will be given one intravenous (IV) treatment of Reclast for at least 15 minutes to help reduce the risk of osteoporosis-related fractures for twelve months.

WHO SHOULD NOT USE RECLAST?
Anyone who has low blood calcium, is allergic to Reclast, or takes Zometa® (zoledronic acid) Injection should not take Reclast.

WHAT SHOULD I BE AWARE OF BEFORE TAKING RECLAST?
- Reclast contains the same active ingredient found in Zometa. Therefore, if you are being treated with Zometa, you should not take Reclast.
- You should take calcium and vitamin D daily as directed by your doctor.
- If you have low blood calcium, have had parathyroid, thyroid, or intestinal surgery, or have malabsorption syndrome, talk to your doctor.
- Patients with kidney problems should not take Reclast. Your doctor may perform a simple blood test to check your kidney function before administering Reclast.

WHAT SHOULD I BE AWARE OF BEFORE TAKING RECLAST? *(continued)*
- Rarely, jaw bone problems have been reported in patients treated with drugs in this class, including Reclast. Your doctor should give you a routine oral exam prior to prescribing Reclast.
- If you are pregnant, Reclast may cause harm to your baby. Therefore, you should not take Reclast if you are pregnant, plan to become pregnant or nursing.
- Infrequently, severe incapacitating bone, joint, or muscle pain may occur. Tell your doctor if you experience any of these symptoms.

WHAT ARE THE MOST COMMON SIDE EFFECTS OF RECLAST?
The most common side effects include:
- flu-like illness
- fever
- muscle or joint pain
- headache
- nausea
- vomiting
- diarrhea

Most occur in the days following treatment. A mild pain reliever such as acetaminophen may reduce these symptoms.

For a complete list of Reclast's possible side effects, ask your doctor.

WHAT SHOULD I KNOW ABOUT TAKING RECLAST WITH OTHER MEDICATION?
- You should not take Reclast if you are taking Zometa.
- Tell your doctor about any antibiotics that you are currently taking. Certain antibiotics called aminoglycosides may lower your blood calcium for a long period of time.
- You should tell your doctor if you take diuretics.

STILL HAVE QUESTIONS?
This is only a summary of important information. Ask your doctor for more complete product information, or
- Call 1-866-RECLAST, or
- Visit www.reclast.com.

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DIVE IN

The energizing scent of Not Soap Radio's Bathing with Sharks Bubbles for Bath or Shower will give him a post-workout boost. **($15; notsoapradio.com)**

SNEAK AROUND

Give Dad the gift of comfort with a pair of retro running shoes: Onitsuka Tiger by Asics Ultimate 81 sneakers are lightweight and durable. **($65; zappos.com)**

ON PAR

Designed by an orthopedist, the Bionic Club Golf Glove is padded to prevent the clubface from twisting. **($24.95; brookstone.com)**

THIRST QUENCHER

This tough-as-nails isoBottle has a one-hand twist-and-flip cap for hydrating on the go. **($36; alficarafes.com)**

DO-GOODER

For the man who grumbles that he doesn't want *stuff*, give a gift from Trees for a Change—they replace trees in U.S. National Forests that have been destroyed by wildfire, disease or insects. ($35; *treesforachange.com*)

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suit up

We found 16 swimsuits that will look great on you—guaranteed! Show off what you've got or hide your trouble spots...you decide

small-busted

Trick the eye into thinking you're busty

1 IN BLOOM Show off a smaller frame with the '50s-inspired Boden Boyleg Swimsuit in Lagoon Poppy. It's cut low on the leg to hug hips and has a halter top to help create cleavage. Bonus: It comes with a storage bag to keep the suit in when it's wet. (Sizes 2–16, $68; **bodenusa.com**)

2 UNDER THE SEA What's one advantage of a small chest? You can wear strapless styles with ease. We love the Cucun Coral Vines bathing suit by Lands' End. It ties in the back and offers light padding to shape the bust. (Sizes 6–18, $99.50; **landsend.com**)

3 TROPICAL ESCAPE The top and bottom of Victoria's Secret Very Sexy Palm-Print Tankini are sold separately so you can customize the fit. The deep V-neck will enhance a small chest and the removable halter straps help prevent tan lines. (Sizes S–XL; top, $38, bottom, $34; **victoriassecret.com**)

4 GREEN WITH ENVY The Miracle Bra technology from Victoria's Secret is moving into swimwear. This ruched pushup triangle top in Sea Green is designed with underwire and padding for lift. Pair it with the Scoop bottom to help minimize hips. (Sizes S–XL; top, $44, bottom, $32; **victoriassecret.com**)

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ALISON GOOTEE; STYLING BY DONNA DUARTE; ON-SET STYLING BY MEGAN KRIEMAN FOR JUDY CASEY INC.

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5

6

7

8

big-busted

Get the lift you need without sacrificing style

5 THE BRIGHT SIDE
The crisscross back on L.L.Bean's Oceanside Skirted One-Piece in Bright Lapis gives lift to a large bust. Self-conscious about your stomach, too? The tummy-control panel provides a slimming silhouette. Best part: The suit is chlorine-resistant, so the bright color will last longer. (Sizes 4–18, $74.95; **llbean.com**)

6 DOUBLE DUTY
The Athleta Grapevine Shirred Bra Cup Tankini has adjustable side ties to create a long tunic and lingerie straps you can tighten to get more bust support. Get extra coverage with the skirted bottom. (Tankini, sizes up to 40DD, $74, and Mini Sarong, sizes XXS–XL, $52; **athleta.com**)

7 BOSOM BUDDIES
The Aerin Rose Surplus Front Halter One Piece suit in Violet can be ordered by bra size and is engineered to hold and support sizes D/DD. We love the minimizing combo of a sweetheart neckline and cross front. (Sizes 6–24, $126; **aerinrose.com**)

8 FLOWER POWER
The hydro bra (a built-in sports bra) and the thick straps on Speedo's printed 1-Piece Wrap Maillot in Deep Navy are extra-supportive for a large chest. The suit's fabric is also designed to instantly slim your figure. Who doesn't love that? (Sizes 6–18, $76; **speedousa.com**)

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belly bulge

Give the illusion of a smooth waistline

9 GO WITH YOUR GUT No need to suck it in with the Shape fx Bust Enhancing Vintage-Look Two-Piece Suit. The high-waist bottom has a tummy-control lining that keeps everything in place, and the bra top has both underwire and wide straps to support a bigger bust. (Sizes 4–18, $64; **shapefx.com**)

10 WHITTLE THE MIDDLE A rounded tummy doesn't mean you should shy away from wearing bold prints. The trick? Look for a swimsuit that has a minimizing element like a belt or side tie. We love the sleek shape of this Marshalls Pink Floral suit. ($19.99; **marshallsonline.com** for store locations)

11 FITTING IN The Shape fx Sculpting and Bust Enhancing Corset-Style Maillot swimsuit in Pink-Raspberry lives up to its name. It smoothes and slims the waistline and pushes up the bust, and the high cut makes legs look long and lean. (Sizes 4–18, $39; 14W–24W, $49; **shapefx.com**)

12 COVER UP The deep V-neck and tummy-control panel make Tommy Bahama's Pearl Shirred Halter Tankini in Begonia super-flattering. Draw the eye away from your midsection by wearing a print bottom like this multicolor Garden Floral Hipster bikini. (Sizes XS–L; top, $95, bottom, $58; **tommybahama.com**)

9

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11

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13

14

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16

total body makeover

Accentuate the positive

13 HIDE AND SEEK For the woman who loves her Spanx, this bright blue Miracle Suit with a slimming ruched front is a must-try. It features Soma Intimates Vanishing Edge Technology, which uses breathable silicone and ultra-thin edges to ensure the suit will always stay in place. (Sizes 8–16, $140; **soma.com**)

14 MISSION POSSIBLE Attain full backside coverage with Old Navy's Halter Swimsuit in Army Green. A small bust also gets a boost thanks to the soft, removable padding and empire seam. (Sizes XS–XL, $29.50; **oldnavy.com**)

15 GRAY'S ANATOMY For ultimate coverage, check out Kenneth Cole's Paneled One Piece in Charcoal. The shirred layers instantly help trim the tummy, and the wide shirred straps not only look stylish but lift the chest, too. (Sizes 6–14, $98; **garnethill.com**)

16 LEAN GIRLS Goodbye, belly, and hello, long legs! You'll love the cut of Lands' End's All-Over Control Grecian V-Neck Slender Swimsuit in Teal Blue. The shirring helps define your waist and the cup size goes up to DDD. (Sizes 2–18, $89.50; **landsend.com**)

online shopping tips

- Looking for a reliable source to buy swimwear online? Visit **everythingbutwater.com** for a selection of 56 brands, plus a fit and style guide.
- If you like to mix and match your swimsuit separates, then **victoriassecret.com** is the site for you. If you want a printed small top and a solid large bottom, no worries!
- **Landsend.com** has a wide variety of styles and offers great coverage for women up to size 26W. They also carry mastectomy-friendly suits.
- Got a swimsuit question? During the month of June, our style experts will be available to address your biggest concerns. Just send an e-mail to **suitmeup@womansday.com**

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fresh start

A single dad creates a stylish living space that does triple duty

by Sara Bliss

Interior designer Robert Lindgrin turned a 750-square-foot apartment into a stylish home, proving that you don't need a big budget or a big space to create a sense of comfort.
PHOTOGRAPHS BY PAUL WHICHELOE

Hunting for a new apartment after his divorce, New York City interior designer Robert Lindgrin wanted to find a space that could work overtime. He needed a kid-friendly second home for his children Louisa, 13, and Peter, 10, a client-ready home office, and a space that made him excited to start his new life—all in one. What's more, he had to pull it all together on a strict budget.

Robert settled on a two-bedroom rental in a family-friendly neighborhood. But while the apartment had good light and a nice-size second bedroom, there were a few drawbacks: limited square footage, blah beige walls, a teeny kitchen and no separate dining area.

Undaunted, Robert transformed the space with warm paint colors and a clever furniture plan. And to make his vision complete while sticking to his budget, he relied on furniture catalogs and online design resources to find wallet-friendly staples, art and accessories. ▶

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Robert chose Benjamin Moore Spring Mint, a pretty blue/green hybrid, for the living area's walls. The soft hue makes a warm backdrop for the chocolate-brown and red accents.

Because the living area is a rectangle, Robert placed the sofa along the short side of the room. "This optically widens the space," he explains.

living large

Robert Lindgrin's tips for making a small space look bigger

- Use wall-to-wall carpet to draw the eye to the edges of a room, which instantly makes it look larger.
- Choose large-scale furniture. It seems counterintuitive, but small furniture only breaks up a space; large pieces expand the room's appearance.
- Limit patterns. Too many prints or fussy designs make a small space feel cluttered.

Thanks to a clever layout, Robert made the challenge of combining the living and dining areas look easy. Rather than dividing the space in two (which would have made both areas feel cramped), he turned them into one cohesive space. The starting point was the shallow chocolate velvet sofa from Ballard Designs. At only 30 inches deep, it's comfy yet not bulky—essential when every inch counts. For a cozy seating area, Robert flanked the couch with two side chairs and placed a slim Chinese-style coffee table in front. Next, he put a versatile square table in the middle of the room. The vintage garden table works as a place to display books, a cozy dining table for four and a fun spot for board-game night with the kids. Robert chose glass because it's transparent, which makes the room feel bigger since it doesn't cut off the line of vision. Finally, he kept clutter at bay with a slim bookcase. Unlike souped-up "entertainment centers" that can be pricey, a bookcase, like this one with adjustable shelves from The Door Store, serves the same purpose, providing ample space for a 25-inch TV, DVD player and books without breaking the bank. ▶

PROP STYLING BY OLGA NAIMAN

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Grouping collections in primarily one color is a visually powerful way to display them.

To add a high-end look, Robert mounted elegant sconces from Circa Lighting, tucking the extension cords behind the books.

Faux red leather is easy to clean and adds an instant update to a pair of antique chairs.

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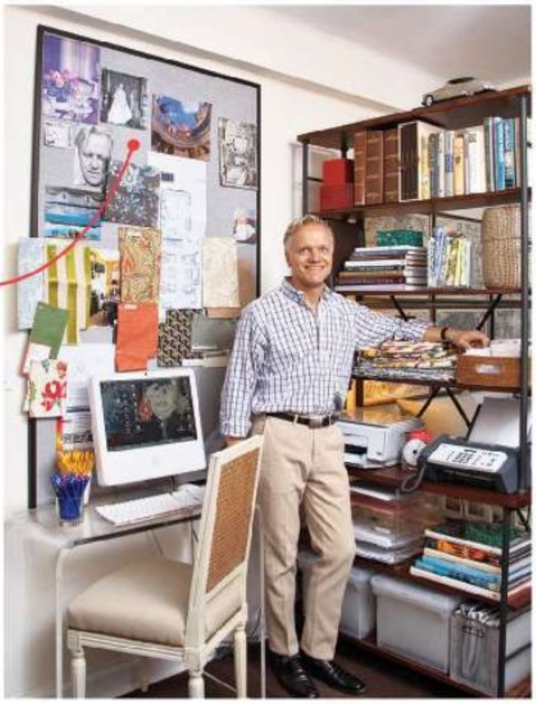
Commercial-grade nylon carpet is easy to clean, inexpensive and long-wearing.

"Because there's a lot going on in the kids' room/ office, I kept the background neutral with Benjamin Moore Linen White."



A framed fabric-covered bulletin board (*nyblackboard.com*) is a modern alternative to a basic corkboard.

Lacking the square footage for a separate home office, Robert carved out space in Peter and Louisa's room. The secret of successfully combining an office with a bedroom? Multitasking furniture that's chic but not officey. Two classic Ballard Designs bookcases divide the room into two distinct spaces while creating storage for both Robert's office supplies and the kids' things. The Lucite computer desk is used for doing homework as well as for Robert's business. And since there was no room for beds *and* seating, these daybeds from West Elm are a clever solution: They go from cozy beds to attractive sofas simply by adding oversize pillows along the wall. Tucked behind the bookcases for privacy, they're placed to let in plenty of outside light. ▶

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"Wallpaper was my one splurge, but because I wanted my rental to really feel like home, it was totally worth it."

Since there was no space for a headboard, Robert simulated one by hanging the wallpaper border vertically to frame his bed.

"Wallpaper completely transforms a space," explains Robert, who relied on cheery prints to liven up the apartment's two smallest and darkest spaces: his bedroom and the kitchen. A bright red-and-cream floral paper was all it took to turn the boring white kitchen into a warm, inviting space. To complete the kitchen's homey vibe, he hung two thrift-store black-and-white photos of a weathered picket fence on the walls (see page 90). For his bedroom, Robert chose a blue-and-cream floral wallpaper that makes it feel like he's sleeping in a classic English country house rather than in the middle of Manhattan. Since the spotlight is on the patterned walls, he kept the rest of the bedroom simple. All it took to complete the room were blue accents like pinstriped cotton curtains, bed linens and a gourd lamp. A pop of yellow in a throw pillow energizes the space. ▶

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recreate the look

Feeling inspired by Robert to spruce up your home? If you're coveting his amazing design finds, we've got the goods for you. Now, get to it!

entryway Abstract painting, $800; **1stdibs.com**. Console table (painted), $350, William Doyle; **doylenewyork.com**

living area Chocolate brown velvet sofa, $900, Ballard Designs; **ballarddesigns.com**. Red lacquer coffee table, $100; **stairgalleries.com**. Ivory table lamps, $123 each; **bellacor.com**. Midcentury slipper chairs by Paul McCobb, $300; found on **craigslist.org**. Bookcase, $1,200; **doorstorefurniture.com**. Red sconces, $210 each; **circalighting.com**

spare bedroom/office Custom computer table, $375; **plexi-craft.com**. Bookcases, $500 each, Ballard Designs. Daybeds, West Elm, $459 each; **westelm.com**. Paris map prints, $230 each; **ethanallen.com** **wd**

If you're short on drawer space, storing silverware in glass jars, sorted by type, is a good-looking alternative.

Hanging an antique shelf on the kitchen wall adds a decorative touch and helps maximize your pantry space.

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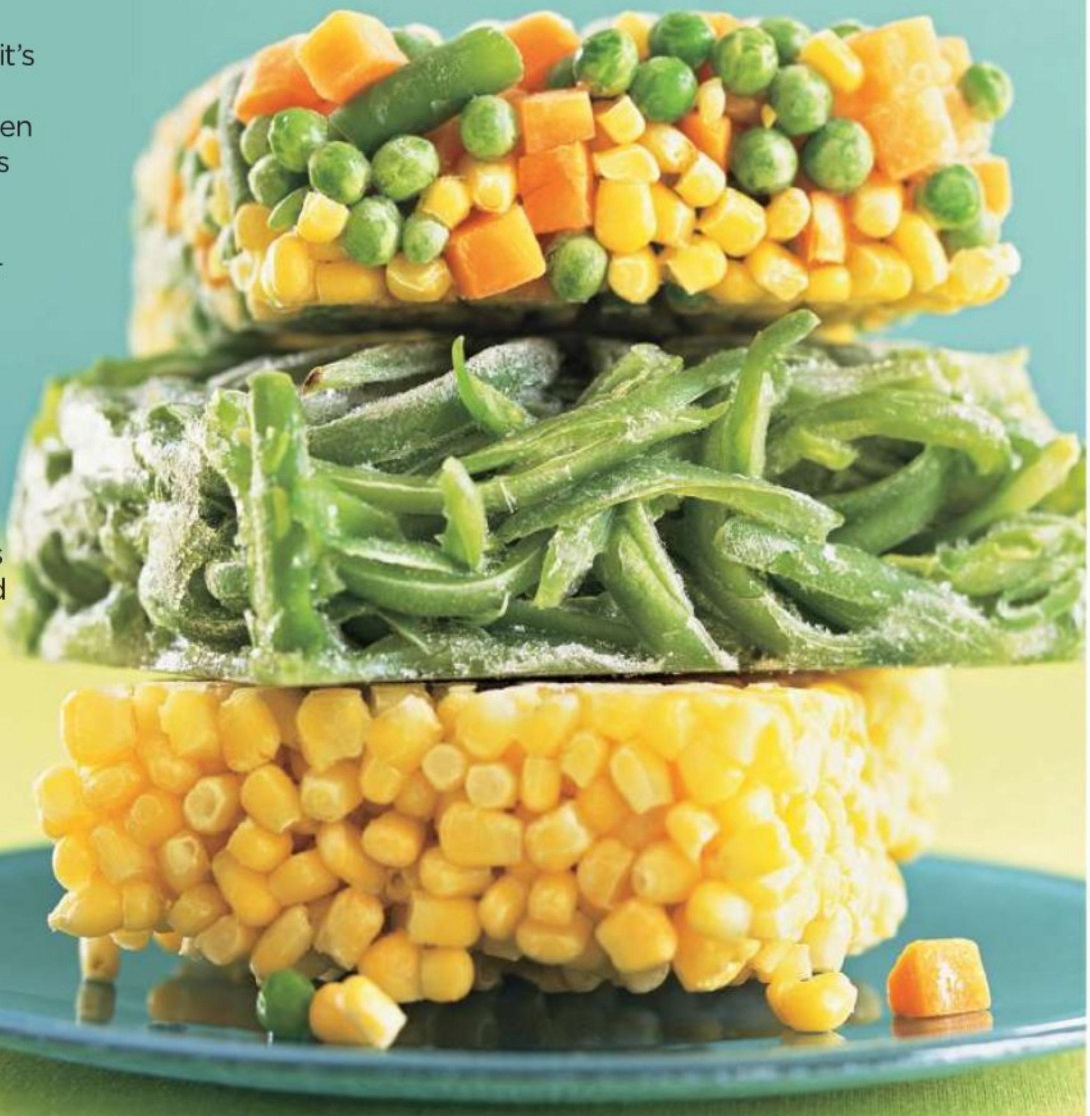
be well

EASY FREEZE

If fresh produce always seems to go bad before you get a chance to eat it, don't worry about buying mostly frozen stuff: It's just as nutritious as fresh fruits and veggies because it's frozen right after it's harvested, when nutrient content is at its peak, says Samantha Heller, RD, author of *Get Smart: Samantha Heller's Nutrition Prescription for Boosting Brain Power and Optimizing Total Body Health.* To preserve vitamins and minerals (and taste!), lightly steam or sauté.



RITA MAAS/GETTY

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by Abigail L. Cuffey

ONE GREAT TIP

bubblegum for your brain

"Chew a stick of sugar-free gum the next time you need some perking up. Research has found that gum chewing increases blood flow to the brain, so it makes you feel more alert and may even improve your memory and learning abilities."
David Grotto, RD, LDN, author of 101 Optimal Life Foods

DID YOU KNOW?

Taking a daily supplement of 400–600 mg of magnesium and/or vitamin B_2 (riboflavin) may help keep migraines at bay, according to research.

HEADACHE? Could be your lunch

If you're having frequent headaches and can't figure out what's causing them, take a peek into your fridge and pantry, says Brian Grosberg, MD, director of the Inpatient Headache Program at Montefiore Medical Center in New York. The main culprits to avoid:

- **Hot dogs, salami, bacon and other processed meats.** They contain nitrates, a preservative that may cause headaches, perhaps by disrupting the amount of oxygen in your bloodstream.
- **Red wine, aged cheeses, smoked fish, figs, and certain beans such as lima and pinto.** These all contain tyramine, an amino acid that's been linked to migraines.
- **Citrus fruits, bananas, avocados, onions, nuts and nut butters.** Experts don't know exactly why these foods might spark pain, but studies show a connection.

expert Q&A

Q. My last Pap smear was abnormal, but my doctor says it's not a big deal. Is she right?

A. Most abnormal Paps are due to a common sexually transmitted disease called HPV, and your doctor should give you an HPV test to see if that's the issue. HPV can lead to cervical cancer, but don't panic: 70 to 90 percent of infections clear up on their own within two years. Inflammation caused by a yeast or bacterial infection or general irritation can also cause an abnormal result. Chances are your gynecologist will want to do a follow-up Pap in 6 to 12 months; if it's abnormal again, she may recommend doing a colposcopy (she'll examine the cervix and vagina with a magnifying device and maybe take a tissue sample to check for cancer cells). The good news: By catching whatever it is early on, you can treat it or prevent serious complications.

Jill Rabin, MD, head of urogynecology at Long Island Jewish Medical Center

FROM LEFT: GETTY; CRYSTAL CARTIER PHOTOGRAPHY/GETTY.

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For barefoot runners, the beach, park or even the pavement is fair game.

[TREND ALERT]

kick off your shoes and run?

THE BUZZ: Running barefoot around your neighborhood or a local track may seem kind of crazy. But the *au naturel* trend is gaining momentum among some serious runners who think it's better for your joints and legs than wearing cushioned sneakers. After all, we went barefoot for millions of years before shoes were invented.

THE REALITY: A recent study found that when most people wear running shoes, they heel-strike, meaning that with each step the heel pounds into the ground. But barefoot runners tend to land with a lighter step toward the front of the foot. Is one way better? "Some people heel-strike without injury, and shoes protect them from stepping on glass and other debris," says lead study author Daniel Lieberman, PhD. "However, others develop problems such as shin splints that could be due to heel-striking."

BOTTOM LINE: Most runners (and walkers) will be more comfortable in shoes, but if you've had shin splints or plantar fasciitis (heel pain) and want to run barefoot, start slowly. Do it for 5 to 10 minutes a week and gradually increase the amount of time you spend without shoes over at least 3 months. Not ready to go shoe-free? Consider shoes with minimal support, such as the Nike Free+ ($85; **nike.com**).

NO MORE EXCUSES!

These five products make getting healthy a no-brainer.

1 **Excuse: "I get so depressed about my weight that I've stopped stepping on the scale regularly."**
Busted: The Quantum Scale ($59; **quantumscale.com**) shows your progress (-2, -5 pounds, etc.) instead of your weight, so you'll be motivated to keep moving toward your goal.

A WALLET FOR YOUR SHOE

2 **Excuse: "I'd like to walk faster, but my keys and other essentials weigh me down."**
Busted: Free up your hands by stashing your ID, a house key and an emergency $20 bill in a Shoewallet ($9.99; **shoewallet.com**).

3 **Excuse: "I don't drink enough water because I don't like its bland taste."**
Busted: Hint water has no calories, sugar or artificial sweeteners—just a taste of natural flavors like pear and mango-grapefruit ($1.80; **drinkhint.com** for retailers).

4 **Excuse: "My doctor says I need a calcium and vitamin D supplement, but I can't swallow large pills."**
Busted: Vitafusion's Gummy Vitamins for Adults ($6.99; **nwnaturalproducts.com**) come in yummy, chewable flavors such as peach and strawberry.

5 **Excuse: "I don't keep a food journal because it's too cumbersome to carry around."**
Busted: The PicoPad ($3.99; **everydayinnovations.com**) is a tiny journal about the size of a credit card that holds four weeks of tracking and a small pen.

TOP LEFT: ZIA SOLEIL/GETTY; BOTTOM LEFT: TODD HUFFMAN.

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the truth about **food labels**

How to make sense of what's *really* in what you're eating by Joy Bauer, RD

It's hard to remember a time when those "Nutrition Facts" labels weren't plastered on everything, but it wasn't until the 1990 Nutrition Labeling and Education Act that it became mandatory for most packaged foods to have them. (Some that aren't: foods sold in bulk, raw fruit, vegetables, seafood and packages smaller than 12 square inches.) While it's crucial to know exactly what's in your food, the labels can be pretty confusing. Some nutrition experts think it's time for a more user-friendly label; until then, here's how to interpret the current one. *(Please turn to 103)*

KATE SEARS; PROP STYLING BY PAUL LOWE.

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someone who's got what you've got is out doing what you're not

Help prevent asthma symptoms before they start. Talk to your doctor about prescription SINGULAIR. Once-a-day SINGULAIR is proven to help control asthma symptoms for 24 hours. It helps relieve indoor and outdoor allergy symptoms too. Help prevent asthma symptoms—help yourself breathe a little easier while doing the things you want to do. Ask your doctor about steroid-free SINGULAIR.

IMPORTANT SAFETY INFORMATION

SINGULAIR is not a rescue medication. Always carry a prescribed rescue inhaler for emergencies or sudden symptoms. If your asthma symptoms get worse or you need to increase the use of your fast-acting inhaler, call your doctor at once.

Side effects vary by age and may include headache, ear infection, sore throat, and upper respiratory infection. Behavior and mood-related changes have been reported, including agitation, aggression or anger, bad or vivid dreams, depression, anxiety, hallucinations (seeing things that are not there), irritability, restlessness, sleepwalking, suicidal thoughts and actions (including suicide), trembling, and trouble sleeping. Tell the doctor if you have these or any other side effects while taking SINGULAIR. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the Patient Information on the following page and discuss it with your doctor.
To learn more about SINGULAIR, visit singulair.com or call 888-MERCK-36.

ONCE-A-DAY
SINGULAIR
(MONTELUKAST SODIUM)

MERCK patient assistance program

Having trouble paying for your Merck medicine? Merck may be able to help.
Call 888-MERCK-36 or visit merck.com/merckhelps.

takeonasthma.com

Eligible patients may SAVE up to $20 on a qualifying prescription for SINGULAIR.

SINGULAIR is a prescription medication. Only your health care provider can decide if SINGULAIR is right for you.
How this coupon works:

- This coupon can be used one time before the expiration date and provides a maximum benefit of up to $20 or the amount of your co-pay, whichever is less.
- To receive up to $20 in savings on your out-of-pocket cost for SINGULAIR, present this coupon and your insurance card (if any) with a valid signed prescription at any participating eligible retail pharmacy (certain restrictions apply).
- No other purchase is necessary. Restrictions apply. Not all patients are eligible to use this coupon.
- **Please see Terms and Conditions.**

PHARMACIST

- Coupon is only valid when accompanied by a prescription for SINGULAIR. Coupon value may not exceed actual co-pay or $20, whichever is less. **Please review Terms and Conditions on coupon for important eligibility restrictions.**
- **Submit transaction to McKesson Corporation using BIN No. 610524.**
- If primary coverage exists, input card information as secondary coverage and transmit using the COB segment of the NCPDP transaction. Applicable discounts will be displayed in the transaction response. For cash patients, Pharmacist agrees to charge not more than the usual and customary retail price.
- For all other prescriptions, please use the patient's primary method of payment and a new Rx number. Please clear COB secondary screen after processing transaction.
- Acceptance of this coupon and your submission of claims are subject to the Terms and Conditions established by McKesson Corporation posted at www.mckesson.com/mprstnc and the Terms and Conditions of this coupon.
- By processing this coupon you agree that SINGULAIR was dispensed pursuant to this coupon and that you will not submit a claim for reimbursement to Medicaid, Medicare or any other state or federal or other government program. You also agree not to submit any claim for reimbursement to any third-party payer who reimburses or pays any part of the prescription price or otherwise provides coverage for SINGULAIR for Massachusetts residents.
- You agree to notify the patient's insurance carrier of this coupon redemption as may be required by the terms and conditions of your relationship with the insurance carrier.
- This coupon may not be applied toward any other pharmacy purchase.
- **For pharmacy processing questions, please call the Help Desk at 800-657-7613 (8am–8pm EST, Monday–Friday).**
- BIN No: 610524 Group No: 50775555 ID No: 37369821 RxPCN: Loyalty Issuer: (80840)

TERMS & CONDITIONS

- This coupon is valid for up to $20 off one qualifying prescription of SINGULAIR
- Limit 1 coupon per patient for the duration of the program
- Coupon valid for one-time use only. Patient must have a co-payment or make full cash payment for the prescription. Savings are limited to amount of co-pay or cash payment, up to a maximum of $20.
- No other purchase is necessary.
- This coupon is not transferable. No substitutions are permitted. Cannot be combined with any other coupon, free trial, discount, prescription savings card, or other offer.
- **This coupon is not insurance.**
- This coupon is valid for those with private insurance or cash-paying patients. **Not valid for patients covered under Medicaid, Medicare, a Medicare Part D or Medicare Advantage plan (regardless of whether a specific prescription is covered), TRICARE, CHAMPUS, Puerto Rico Government Health Insurance Plan ("Healthcare Reform") and any other state or federal medical or pharmaceutical benefit program or pharmaceutical assistance program.**
- **This coupon is void for Massachusetts residents if a third-party payer reimburses or pays any amount of the prescription price or otherwise provides coverage for SINGULAIR.**
- You must be 18 years of age or older to redeem this coupon for yourself or a minor. Patient, guardian, pharmacist and prescriber agree not to seek reimbursement for all or any part of the benefit received by the recipient through this offer. Patient or guardian is responsible for reporting receipt of coupon benefit to any insurer, health plan, or other third party who pays for or reimburses any part of the prescription filled using this coupon as may be required.
- This coupon can be used only by eligible US or Commonwealth of Puerto Rico residents at any participating eligible retail pharmacies in the United States or Commonwealth of Puerto Rico. Product must originate in the United States or Commonwealth of Puerto Rico.
- This coupon is property of Merck and must be turned in on request.
- **It is illegal to sell, purchase, trade, or counterfeit or offer to sell, purchase, trade, or counterfeit this coupon. Void if reproduced. Void where prohibited by law, taxed, or restricted.**
- Merck reserves the right to rescind, revoke, or amend this offer at any time without notice.

Expiration Date: 09/30/2010

THIS COUPON IS NOT INSURANCE

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Patient Information
SINGULAIR® (SING-u-lair) Tablets, Chewable Tablets, and Oral Granules
Generic name: montelukast (mon-te-LOO-kast) sodium

Read this information before you start taking SINGULAIR®. Also, read the leaflet you get each time you refill SINGULAIR, since there may be new information in the leaflet since the last time you saw it. This leaflet does not take the place of talking with your doctor about your medical condition and/or your treatment.

What is SINGULAIR*?

- SINGULAIR is a medicine called a leukotriene receptor antagonist. It works by blocking substances in the body called leukotrienes. Blocking leukotrienes improves asthma and allergic rhinitis. SINGULAIR is not a steroid. Studies have shown that SINGULAIR does not affect the growth rate of children. (See the end of this leaflet for more information about asthma and allergic rhinitis.)

SINGULAIR is prescribed for the treatment of asthma, the prevention of exercise-induced asthma, and allergic rhinitis:

1. **Asthma.**
   SINGULAIR should be used for the long-term management of asthma in adults and children ages 12 months and older.

   Do not take SINGULAIR for the immediate relief of an asthma attack. If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.
2. **Prevention of exercise-induced asthma.**
   SINGULAIR is used for the prevention of exercise-induced asthma in patients 15 years of age and older.
3. **Allergic Rhinitis.**
   SINGULAIR is used to help control the symptoms of allergic rhinitis (sneezing, stuffy nose, runny nose, itching of the nose). SINGULAIR is used to treat seasonal allergic rhinitis (outdoor allergies that happen part of the year) in adults and children ages 2 years and older, and perennial allergic rhinitis (indoor allergies that happen all year) in adults and children ages 6 months and older.

Who should not take SINGULAIR?

Do not take SINGULAIR if you are allergic to SINGULAIR or any of its ingredients.

The active ingredient in SINGULAIR is montelukast sodium.

See the end of this leaflet for a list of all the ingredients in SINGULAIR.

What should I tell my doctor before I start taking SINGULAIR?

Tell your doctor about:
- **Pregnancy:** If you are pregnant or plan to become pregnant, SINGULAIR may not be right for you.
- **Breast-feeding:** If you are breast-feeding, SINGULAIR may be passed in your milk to your baby. You should consult your doctor before taking SINGULAIR if you are breast-feeding or intend to breast-feed.
- **Medical Problems or Allergies:** Talk about any medical problems or allergies you have now or had in the past.
- **Other Medicines:** Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, and herbal supplements. Some medicines may affect how SINGULAIR works, or SINGULAIR may affect how your other medicines work.

How should I take SINGULAIR?

For adults and children 12 months of age and older with asthma:
- Take SINGULAIR once a day in the evening.
- Take SINGULAIR every day for as long as your doctor prescribes it, even if you have no asthma symptoms.
- You may take SINGULAIR with food or without food.
- If your asthma symptoms get worse, or if you need to increase the use of your inhaled rescue medicine for asthma attacks, call your doctor right away.
- **Do not take SINGULAIR for the immediate relief of an asthma attack.** If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.
- Always have your inhaled rescue medicine for asthma attacks with you.
- Do not stop taking or lower the dose of your other asthma medicines unless your doctor tells you to.

For patients 15 years of age and older for the prevention of exercise-induced asthma:
- Take SINGULAIR at least 2 hours before exercise.
- Always have your inhaled rescue medicine for asthma attacks with you.
- If you are taking SINGULAIR daily for chronic asthma or allergic rhinitis, do not take an additional dose to prevent exercise-induced asthma. Speak to your doctor about your treatment of exercise-induced asthma.
- Do not take an additional dose of SINGULAIR within 24 hours of a previous dose.

For adults and children 2 years of age and older with seasonal allergic rhinitis, or for adults and children 6 months of age and older with perennial allergic rhinitis:
- Take SINGULAIR once a day, at about the same time each day.
- Take SINGULAIR every day for as long as your doctor prescribes it.
- You may take SINGULAIR with food or without food.

How should I give SINGULAIR oral granules to my child?

Do not open the packet until ready to use.

SINGULAIR 4-mg oral granules can be given:
- directly in the mouth;
- dissolved in 1 teaspoonful (5 mL) of cold or room temperature baby formula or breast milk;
- mixed with a spoonful of one of the following soft foods at cold or room temperature: applesauce, mashed carrots, rice, or ice cream.

Be sure that the entire dose is mixed with the food, baby formula, or breast milk and that the child is given the entire spoonful of the food, baby formula, or breast milk mixture right away (within 15 minutes).

IMPORTANT: Never store any oral granules mixed with food, baby formula, or breast milk for use at a later time. Throw away any unused portion.

Do not put SINGULAIR oral granules in any liquid drink other than baby formula or breast milk. However, your child may drink liquids after swallowing the SINGULAIR oral granules.

What is the dose of SINGULAIR?

For asthma—Take once daily in the evening:
- One 10-mg tablet for adults and adolescents 15 years of age and older,
- One 5-mg chewable tablet for children 6 to 14 years of age,
- One 4-mg chewable tablet or one packet of 4-mg oral granules for children 2 to 5 years of age, or
- One packet of 4-mg oral granules for children 12 to 23 months of age.

For exercise-induced asthma—Take at least 2 hours before exercise, but not more than once daily:
- One 10-mg tablet for adults and adolescents 15 years of age and older

For allergic rhinitis—Take once daily at about the same time each day:
- One 10-mg tablet for adults and adolescents 15 years of age and older,
- One 5-mg chewable tablet for children 6 to 14 years of age,
- One 4-mg chewable tablet for children 2 to 5 years of age, or
- One packet of 4-mg oral granules for children 2 to 5 years of age with seasonal allergic rhinitis, or for children 6 months to 5 years of age with perennial allergic rhinitis.

What should I avoid while taking SINGULAIR?

If you have asthma and if your asthma is made worse by aspirin, continue to avoid aspirin or other medicines called non-steroidal anti-inflammatory drugs while taking SINGULAIR.

What are the possible side effects of SINGULAIR?

The side effects of SINGULAIR are usually mild, and generally did not cause patients to stop taking their medicine. The side effects in patients treated with SINGULAIR were similar in type and frequency to side effects in patients who were given a placebo (a pill containing no medicine).

The most common side effects with SINGULAIR include:
- stomach pain
- stomach or intestinal upset
- heartburn
- tiredness
- fever
- stuffy nose
- cough
- flu
- upper respiratory infection
- dizziness
- headache
- rash

Less common side effects that have happened with SINGULAIR include:
- increased bleeding tendency
- allergic reactions [including swelling of the face, lips, tongue, and/or throat (which may cause trouble breathing or swallowing), hives and itching]
- drowsiness, pins and needles/numbness, seizures (convulsions or fits)
- palpitations
- nose bleed
- diarrhea, indigestion, inflammation of the pancreas, nausea, vomiting
- hepatitis
- bruising
- joint pain, muscle aches and muscle cramps
- swelling

Behavior and mood-related changes have been reported: agitation including aggressive behavior or hostility, bad/vivid dreams, depression, feeling anxious, hallucinations (seeing things that are not there), irritability, restlessness, sleep walking, suicidal thoughts and actions (including suicide), tremor, trouble sleeping. Tell your doctor if you experience behavior or mood-related changes while taking SINGULAIR.

Rarely, asthmatic patients taking SINGULAIR have experienced a condition that includes certain symptoms that do not go away or that get worse. These occur usually, but not always, in patients who were taking steroid pills by mouth for asthma and those steroids were being slowly lowered or stopped. Although SINGULAIR has not been shown to cause this condition, **you must tell your doctor right away if you get one or more of these symptoms:**
- a feeling of pins and needles or numbness of arms or legs
- a flu-like illness
- rash
- severe inflammation (pain and swelling) of the sinuses (sinusitis)

These are not all the possible side effects of SINGULAIR. For more information ask your doctor or pharmacist.

Talk to your doctor if you think you have side effects from taking SINGULAIR.

General Information about the safe and effective use of SINGULAIR

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use SINGULAIR for a condition for which it was not prescribed. Do not give SINGULAIR to other people even if they have the same symptoms you have. It may harm them. **Keep SINGULAIR and all medicines out of the reach of children.**

Store SINGULAIR at 25°C (77°F). Protect from moisture and light. Store in original package.

This leaflet summarizes information about SINGULAIR. If you would like more information, talk to your doctor. You can ask your pharmacist or doctor for information about SINGULAIR that is written for health professionals.

What are the ingredients in SINGULAIR?

Active ingredient: montelukast sodium

SINGULAIR chewable tablets contain aspartame, a source of phenylalanine.
Phenylketonurics: SINGULAIR 4-mg and 5-mg chewable tablets contain 0.674 and 0.842 mg phenylalanine, respectively.

Inactive ingredients:
- 4-mg oral granules: mannitol, hydroxypropyl cellulose, and magnesium stearate.
- 4-mg and 5-mg chewable tablets: mannitol, microcrystalline cellulose, hydroxypropyl cellulose, red ferric oxide, croscarmellose sodium, cherry flavor, aspartame, and magnesium stearate.
- 10-mg tablet: microcrystalline cellulose, lactose monohydrate, croscarmellose sodium, hydroxypropyl cellulose, magnesium stearate, hydroxypropyl methylcellulose, titanium dioxide, red ferric oxide, yellow ferric oxide, and carnauba wax.

What is asthma?

Asthma is a continuing (chronic) inflammation of the bronchial passageways which are the tubes that carry air from outside the body to the lungs.

Symptoms of asthma include:
- coughing
- wheezing
- chest tightness
- shortness of breath

What is exercise-induced asthma?

Exercise-induced asthma, more accurately called exercise-induced bronchoconstriction occurs when exercise triggers symptoms of asthma.

What is allergic rhinitis?

- Seasonal allergic rhinitis, also known as hay fever, is triggered by outdoor allergens such as pollens from trees, grasses, and weeds.
- Perennial allergic rhinitis may occur year-round and is generally triggered by indoor allergens such as dust mites, animal dander, and/or mold spores.
- Symptoms of allergic rhinitis may include:
  - stuffy, runny, and/or itchy nose
  - sneezing

Rx only
US Patent No.: 5,565,473

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the basics

The following categories have to appear on all food labels, but I'm highlighting the items I think are most important.

serving size and servings per container This is the first thing you should look at: All of the calorie, fat and other information on the label is based on a single serving. If you eat more than one serving, you have to multiply everything else by that number. Remember, some packages look small but contain two or more servings. And some serving sizes are ridiculously puny. For example, one serving of cold cereal is about 1 ounce, which only fills roughly half of a cereal bowl.

calories Don't breeze by this—it represents the number of calories in a *single serving*. If you eat two servings, multiply that number by 2…and so on. One of the biggest mistakes people make is assuming that this is the calorie count for the entire package.

calories from fat The number of calories in a single serving that come from fat. For foods that are 100% fat, such as vegetable oil, "Calories from Fat" will be the same number as "Total Calories."

total fat The amount of fat in one serving. Fat, carbohydrates and protein are measured in grams (g). Nowadays, we know that not all fats are created equal, so that's why on many labels the different types of fat are broken down:

- **saturated fat** is mainly found in fatty cuts of meat as well as in butter, whole milk, cheese and other high-fat dairy foods. Eat as little as possible, since this type of fat can raise your risk for heart disease.
- **trans fat** has been shown to lower HDL ("good") cholesterol and increase LDL ("bad") cholesterol, which makes it a double whammy for your heart. And there is *no* safe amount, so only choose products that have 0 trans fats. If you spot "partially hydrogenated oil" in the ingredient list, it's a tip-off that the product contains some trans fat. This shouldn't be a problem if you eat only one serving, but if you eat more than that—or if you eat several items that contain small amounts of trans fat—then you're taking in more than you think. *Polyunsaturated and monounsaturated fats* are healthy fats found in olive and canola oils, almonds, walnuts and peanuts. They're associated with a decreased risk of various conditions, including heart disease and diabetes.

cholesterol Only animal products contain cholesterol, so don't get too excited when your favorite cereal or peanut butter says it has 0 cholesterol. The American Heart Association recommends that healthy people eat less than 300 mg per day; those with heart disease should shoot for *(Please turn to 104)*

WHAT DOES "ORGANIC" MEAN?

There are three ways a product can call out that it has organic ingredients.

100% organic: *All* of the ingredients are organic

Organic: 95% or more of ingredients are organic

Made with organic ingredients: At least 70% is organic. If less than 70% of the ingredients are organic, those can only be noted in the ingredients list.

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FOOD LABELS

CONTINUED less than 200 mg. While it's important to keep tabs on your cholesterol numbers, the saturated and trans fats in foods have a much bigger impact on your cholesterol levels than actual cholesterol in foods does.

sodium If you have high blood pressure, or any other health condition that is adversely affected by salt, you'd be wise to pay attention to the sodium numbers on a food label. Everyone should aim for a total daily intake of 2,300 mg or less, and those with high blood pressure are advised to consume no more than 1,500 mg per day. Choose packaged entrées that contain no more than 600 mg sodium per serving, side dishes with 400 mg or less and snack foods with about 200 mg or less.

total carbohydrate

If you're among the growing number of individuals diagnosed with diabetes, be aware of the total number of carbohydrates in every product you eat, since carbs can make your blood sugar fluctuate. People with normal functioning blood sugar levels, however, can just focus on Dietary Fiber and Sugars, listed under Total Carbohydrate.

- **dietary fiber** Experts recommend 25 to 35 g total fiber daily for most people. Products are considered a good source if they have 2.5 to 4.9 grams per serving; ones with 5+ grams can officially be called "high fiber."
- **sugars** Low-quality carbs that shouldn't take up much space in your daily diet (unless they're naturally occurring, such as those in unsweetened fruit and dairy products). The USDA recommends limiting "added sugars" from packaged foods and sugar/honey/ *(Please turn to 106)*

is that *really* healthy?

So many packaged foods showcase enticing statements like "Made with Real Fruit" and "All Natural" that you might (mistakenly!) think your local supermarket has turned into a health food store. What they don't tell you is that fruit juice concentrate (a.k.a. sugar) counts as "real fruit" and saturated fat is "all natural." Many of these misleading claims aren't FDA-approved, but here's a glance at the claims that *are* and what they mean:

NAME	MEANS	USED TO DESCRIBE
Free	Has no or only trivial amounts	Fat, saturated fat, cholesterol, sodium, sugar, calories
Low	Per serving: Max 3 g fat, 1 g sat fat, 20 mg chol, 140 mg sod or 40 cal	Fat, saturated fat, cholesterol, sodium, calories
Lean	Less than 10 g fat, 4.5 g or less sat fat and 95 mg chol per 3.5-oz serving	Fat in meat, poultry, game meats
Extra Lean	Less than 5 g fat, 2 g or less sat fat and 95 mg chol per 3.5-oz serving	Fat in meat, poultry, game meats
High	Contains 20% or more of the daily recommended intake per serving	Vitamins and minerals, dietary fiber, protein
Good Source	Contains 10% to 19% of the Daily Value per serving	Vitamins and minerals, dietary fiber, protein
Reduced/Less	Contains at least 25% less of a nutrient or 25% fewer calories than the "original"	Fat, saturated fat, sodium, cholesterol, calories, sugars
Light	Has at least ⅓ fewer calories and 50% less fat than the "original"	Fat and calories
Light in Sodium	Sodium has been reduced by at least 50%	Sodium

CLAIMS THAT AREN'T FDA-APPROVED (SO TAKE THEM WITH A GRAIN OF SALT!)

1. **"Lightly Sweetened"**
2. **"All Natural"**
3. **"Made with Natural Goodness"**
4. **"Doctor-Recommended"**
5. **"Parent-Tested"**
6. **"Strengthens Your Immune System"**

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For moderate to severe RA

I HAVE RHEUMATOID ARTHRITIS.

Your results may vary. In medical studies, ENBREL was shown to be effective in about 2 out of 3 adults with moderate to severe rheumatoid arthritis (RA) who used it, and has been shown to begin working in as few as 2 weeks, with most patients receiving benefit within 3 months. In an RA medical study, 55% of patients had no progression of joint damage.

Please see Important Safety Information below and Medication Guide on the back of the following page.

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with moderate to severe rheumatoid arthritis. ENBREL can be taken with methotrexate or used alone.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about ENBREL?

ENBREL is a medicine that affects your immune system. ENBREL can lower the ability of your immune system to fight infections. Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before you take ENBREL and monitor you closely for TB before, during, and after ENBREL treatment, even if you have tested negative for TB.

There have been some cases of unusual cancers reported in children and teenage patients who started using TNF blockers before 18 years of age. Also, for children, teenagers, and adults taking TNF blockers, including ENBREL, the chances of getting lymphoma or other cancers may increase. Patients with RA and psoriasis may be more likely to get lymphoma.

Before starting ENBREL, tell your doctor if you:

- Have any existing medical conditions
- Are taking any medicines, including herbals
- Think you have, are being treated for, have signs of, or are prone to infection. You should not start taking ENBREL if you have any kind of infection, unless your doctor says it is okay
- Have any open cuts or sores
- Have diabetes or an immune system problem
- Have TB or have been in close contact with someone who has had TB
- Were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure
- Live or have lived in certain parts of the country (such as, the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for certain kinds of fungal infections, such as histoplasmosis. These infections may develop or become more severe if you take ENBREL. If you don't know if histoplasmosis or other fungal infections are common in the areas where you live or have lived, ask your doctor
- Have or have had hepatitis B

www.enbrel.com

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I ALSO HAVE A LIFE.

If you suffer from moderate to severe RA, it can seem as though your life has been split in two. ENBREL can help bridge the gap.

ENBREL can reduce the pain, stiffness, and fatigue that's stopping you. It can also help keep joint damage from getting worse. ENBREL is given by injection. ENBREL was the first medicine of its kind approved for moderate to severe RA and is the number-one most prescribed biologic by rheumatologists for RA.* So you can experience another side of RA, and get closer to the life you want to live.

Ask your rheumatologist about ENBREL today. To learn about RA, ENBREL, and patient support call: 1-888-4ENBREL and visit www.enbrel.com.

*Based on monthly prescription data from IMS NPA for September 2009 and a 6-month interval of NDTI data for projected drug uses as of August 2009 for biologic agents approved for moderate to severe RA.

- Have heart failure
- Develop symptoms such as persistent fever, bruising, bleeding, or paleness while taking ENBREL
- Use the medicine Kineret® (anakinra), Orencia® (abatacept), or Cytoxan® (cyclophosphamide)
- Have or develop a serious nervous disorder, seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis
- Are scheduled to have surgery
- Have recently received or are scheduled for any vaccines. All vaccines should be brought up-to-date before starting ENBREL. Patients taking ENBREL should not receive live vaccines.
- Are allergic to rubber or latex
- Are pregnant, planning to become pregnant, or breastfeeding
- Have been around someone with chicken pox

What are the possible side effects of ENBREL?

ENBREL can cause serious side effects including: **Infections,** including serious infections like TB**;** **hepatitis B** can become active if you already have had it**; nervous system problems,** such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes; **blood problems** (some fatal); new or worsening **heart failure**; new or worsening **psoriasis**; **allergic reactions**; **autoimmune reactions**, including a lupus-like syndrome and autoimmune hepatitis.

Common side effects include: Injection site reactions, upper respiratory infections (sinus infections), and headache.

These are not all the side effects with ENBREL. Tell your doctor about any side effect that bothers you or does not go away.

If you have any questions about this information, be sure to discuss them with your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Medication Guide on the next page.

Enbrel® etanercept

Get closer to the life you want to live

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Enbrel® etanercept

Medication Guide ENBREL® (en-brel) (etanercept)

Read the Medication Guide that comes with ENBREL® before you start using it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using ENBREL®.

ENBREL® is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker that affects your immune system.

What is the most important information I should know about ENBREL®?

ENBREL may cause serious side effects, including:

1. Risk of infection

ENBREL® can lower the ability of your immune system to fight infections. Some people have serious infections while taking ENBREL®. These infections include tuberculosis (TB), and infections caused by viruses, fungi or bacteria that spread throughout their body. Some people have died from these infections.

- Your doctor should test you for TB before starting ENBREL®.
- Your doctor should monitor you closely for symptoms of TB during treatment with ENBREL® even if you tested negative for TB.
- Your doctor should check you for symptoms of any type of infection before, during, and after your treatment with ENBREL®.

You should not start taking ENBREL® if you have any kind of infection unless your doctor says it is okay.

2. Risk of cancer

- There have been cases of unusual cancers in children and teenage patients who started using TNF-blocking agents at less than 18 years of age.
- For children, teenagers, and adults taking TNF-blocker medicines, including ENBREL, the chances of getting lymphoma or other cancers may increase.
- People with rheumatoid arthritis or psoriasis, especially those with very active disease, may be more likely to get lymphoma.

Before starting ENBREL®, be sure to talk to your doctor:

ENBREL® may not be right for you. Before starting ENBREL®, tell your doctor about all of your medical conditions, including:

Infections – tell your doctor if you:

- have an infection. (See **"What is the most important information I should know about ENBREL®?"**)
- are being treated for an infection
- think you have an infection
- have symptoms of an infection such as fever, sweats or chills, cough or flu-like symptoms, shortness of breath, blood in your phlegm, weight loss, muscle aches, warm, red, or painful areas on your skin, sores on your body, diarrhea or stomach pain, burning when you urinate or urinate more often than normal, and feel very tired.
- have any open cuts on your body
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB
- were born in, lived in, or traveled to countries where there is a risk for getting TB. Ask your doctor if you are not sure.
- live, have lived in, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use ENBREL®. Ask your doctor if you do not know if you live or have lived in an area where these infections are common.
- have or have had hepatitis B

Also, BEFORE starting ENBREL®, tell your doctor:

- **About all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements including:**
  - ✓ **Orencia® (abatacept) or Kineret® (anakinra)**. You have a higher chance for serious infections when taking ENBREL® with Orencia® or Kineret®.
  - ✓ **Cyclophosphamide (Cytoxan®).** You may have a higher chance for getting certain cancers when taking ENBREL® with cyclophosphamide.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine. Ask your doctor if you are not sure if your medicine is one listed above.

Other important medical information you should tell your doctor BEFORE starting ENBREL®, including if you:

- have or had a nervous system problem such as multiple sclerosis
- have or had heart failure
- are scheduled to have surgery
- have recently received or are scheduled to receive a vaccine
  - ✓ all vaccines should be brought up-to-date before starting ENBREL®
  - ✓ people taking ENBREL® should not receive live vaccines
  - ✓ ask your doctor if you are not sure if you received a live vaccine
- are allergic to rubber or latex
  - ✓ the needle covers on the single-use prefilled syringes and the single-use prefilled SureClick® autoinjectors contains dry natural rubber
- have been around someone with varicella zoster (chicken pox)
- are pregnant or plan to become pregnant. It is not known if ENBREL® will harm your unborn baby.
  - ✓ **Pregnancy Registry:** Amgen has a registry for pregnant women who take ENBREL®. The purpose of this registry is to check the health of the pregnant mother and her child. Talk to your doctor if you are pregnant and contact the registry at 1-877-311-8972.
- are breast feeding or plan to breast feed. It is not known if ENBREL® passes into your breast milk. You and your doctor should decide if you will take ENBREL® or breast feed. You should not do both.

See the section "What are the possible side effects of ENBREL®?" below for more information.

What is ENBREL®?

ENBREL® is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker.

ENBREL® is used to treat:

- **moderately to severely active rheumatoid arthritis (RA).** ENBREL® can be used alone or with a medicine called methotrexate.
- **psoriatic arthritis.** ENBREL® can be used alone or with methotrexate.
- **ankylosing spondylitis (AS)**
- **chronic, moderate to severe plaque psoriasis in adults ages 18 years and older**
- **moderately to severely active polyarticular juvenile idiopathic arthritis (JIA) in children ages 2 years and older.**

You may continue to use other medicines that help treat your condition while taking ENBREL®, such as non-steroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

ENBREL® can help reduce joint damage, and the signs and symptoms of the above mentioned diseases. People with these diseases have too much of a protein called tumor necrosis factor (TNF), which is made by your immune system. ENBREL® can reduce the effect of TNF in the body and block the damage that too much TNF can cause, but it can also lower the ability of your immune system to fight infections. See **"What is the most important information I should know about ENBREL®?" and "What are the possible side effects of ENBREL®?"**

Who should not use ENBREL®?

Do not use ENBREL® if you:

- have an infection that has spread through your body (sepsis)
- have ever had an allergic reaction to ENBREL®. See the end of this Medication Guide for a complete list of ingredients in ENBREL®.

How should I use ENBREL®?

- ENBREL® is given as an injection under the skin (subcutaneous or SC).
- If your doctor decides that you or a caregiver can give the injections of ENBREL® at home, you or your caregiver should receive training on the right way to prepare and inject ENBREL®. Do not try to inject ENBREL® until you have been shown the right way by your doctor or nurse.
- ENBREL® is available in the forms listed below. Your doctor will prescribe the type that is best for you.
  - Single-use Prefilled Syringe
  - Single-use Prefilled SureClick Autoinjector
  - Multiple-use Vial
- See the detailed "Patient Instructions for Use" with this Medication Guide for instructions about the right way to prepare and give your ENBREL® injections at home.
- Your doctor will tell you how often you should use ENBREL®. Do not miss any doses of ENBREL®. If you forget to use ENBREL®, inject your dose as soon as you remember. Then, take your next dose at your regular(ly) scheduled time. In case you are not sure when to inject ENBREL®, call your doctor or pharmacist. **Do not use ENBREL® more often than as directed by your doctor.**
- Your child's dose of ENBREL® depends on his or her weight. Your child's doctor will tell you which form of ENBREL® to use and how much to give your child.

What are the possible side effects of ENBREL®?

ENBREL® can cause serious side effects, including:

See "What is the most important information I should know about ENBREL® ?"

- **Infections.** ENBREL® can make you more likely to get infections or make any infection that you have worse. Call your doctor right away if you have any symptoms of an infection. See **"Before starting ENBREL®, be sure to talk to your doctor"** for a list of symptoms of infection.
- **Hepatitis B infection** in people who carry the virus in their blood. If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use ENBREL®. Your doctor may do a blood test before you start treatment with ENBREL® and while you use ENBREL®.
- **Nervous system problems.** Rarely, people who use TNF blocker medicines have developed nervous system problems such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Tell your doctor right away if you get any of these symptoms: numbness or tingling in any part of your body, vision changes, weakness in your arms and legs, and dizziness.
- **Blood problems.** Low blood counts have been seen with other TNF blocker medicines. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding very easily, or looking pale.
- **Heart failure** including new heart failure or worsening of heart failure you already have. New or worse heart failure can happen in people who use TNF blocker medicines, like ENBREL®. If you have heart failure your condition should be watched closely while you take ENBREL®. Call your doctor right away if you get new or worsening symptoms of heart failure while taking ENBREL® such as shortness of breath or swelling of your lower legs or feet.
- **Psoriasis.** Some people using ENBREL® developed new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps which may be filled with pus . Your doctor may decide to stop your treatment with ENBREL®.
- **Allergic reactions.** Allergic reactions can happen to people who use TNF blocker medicines. Call your doctor right away if you have any symptoms of an allergic reaction. Symptoms of an allergic reaction include a severe rash, a swollen face, or trouble breathing.
- **Autoimmune reactions, including:**
  - ✓ Lupus-like syndrome. Symptoms include a rash on your face and arms that gets worse in the sun. Tell your doctor if you have this symptom. Symptoms may go away when you stop using ENBREL®.
  - ✓ Autoimmune hepatitis. Liver problems can happen in people who use TNF blocker medicines, including ENBREL®. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms: feel very tired, skin or eyes look yellow, poor appetite or vomiting, pain on the right side of your stomach (abdomen).

Common side effects of ENBREL® include:

- **Injection site reactions** such as redness, swelling, itching, or pain. These symptoms usually go away within 3 to 5 days. If you have pain, redness or swelling around the injection site that doesn't go away or gets worse, call your doctor.
- **Upper respiratory infections** (sinus infections)
- **Headache**

These are not all the side effects with ENBREL®. Tell your doctor about any side effect that bothers you or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store ENBREL®?

- Store ENBREL® in the refrigerator at 36° to 46°F (2° to 8°C).
- **Do not freeze.**
- **Do not shake.**
- Keep ENBREL® in the original carton to protect from light.
- **Keep ENBREL® and all medicines out of the reach of children.**

General Information about ENBREL®

Medicines are sometimes prescribed for purposes not mentioned in a Medication Guide. Do not use ENBREL® for a condition for which it was not prescribed. Do not give ENBREL® to other people, even if they have the same condition. It may harm them.

This Medication Guide summarizes the most important information about ENBREL®. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about ENBREL® that was written for healthcare professionals. For more information call 1-888-4ENBREL (1-888-436-2735).

What are the ingredients in ENBREL®?

Single-use Prefilled Syringe and the Single-use Prefilled SureClick Autoinjector:

Active Ingredient: etanercept

Inactive Ingredients: sucrose, sodium chloride, L-arginine hydrochloride and sodium phosphate

Multiple-use Vial:

Active Ingredient: etanercept

Inactive Ingredients: mannitol, sucrose, tromethamine.

1XXXXXX-v3

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This Medication Guide has been approved by the U.S. Food and Drug Administration.

AMGEN Manufactured by Immunex Corporation Thousand Oaks, CA 91320

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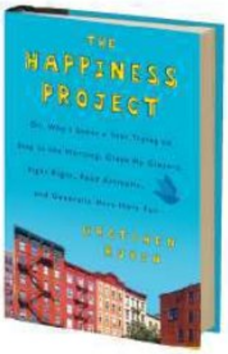

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FOOD LABELS
CONTINUED jelly packets to no more than 40 g per day, the equivalent of 10 teaspoons. But less is best!

% daily value

The Daily Value is how much of a nutrient, vitamin or mineral you should be getting every day. The % Daily Value (listed to the right of each nutrient on the Nutrition Facts panel) tells you what percentage of that nutrient the food/product has. However, this percentage is sort of useless for women: It's based on 2,000 calories a day, which is more than most of us should be eating. So if the product has a 7% Daily Value for saturated fat but you're eating 1,600 to 1,800 calories, the product is giving you more than 7% saturated fat. In my opinion, the only reason % DV is helpful is for a quick glance at calcium. I consider products that have at least 25% DV for calcium a good source (25% means 250 mg calcium, 30% means 300 mg calcium, and so on).

protein Food labels don't provide a % Daily Value for protein, but I do! Just take your weight in pounds, divide it in half, and you've got the number of grams of protein you should try to consume daily. For example, if you weigh 140 pounds, you need 70 grams.

vitamins and minerals Below the thick dividing line under "Protein" you'll find the % Daily Value for vitamin A, calcium, vitamin C and iron. These are the only ones that must be listed on a food label, but many products include far more.

ingredients This list, usually below the Nutrition Facts label, is in order from most to least (the first ingredient is what the product contains the most of) and is very valuable. It reveals potentially undesirable components such as artificial coloring, caffeine and partially hydrogenated vegetable oil. Usually, the longer the list, the more processed a food is (and you want to try to avoid that). It also helps people with food allergies spot allergens that companies are not required to flag.

allergy information

Since 2006, all packaged foods that contain any of the eight most common food allergens (milk, eggs, peanuts, wheat, soy, fish, shellfish and tree nuts) must state this info:

- In the ingredient list
- In parentheses after the ingredient: *casein (milk)*
- Below the ingredient list: *Contains: eggs, walnuts* **wd**

JOY'S BOTTOM LINE

Nutrition Facts labels can be confusing, but they're packed with info that's crucial to healthy eating. Keep close tabs on:

- **serving size/servings per container:** Read closely; all the info is for one serving.
- **calories:** This is the most critical for weight control.
- **saturated fat:** Prepared entrées should have no more than 4 grams, snacks and side dishes no more than 2 grams.
- **trans fat:** Look for products that have zero, zip, nada!
- **sodium:** Entrées should have 600 mg max, side dishes 400 mg max, snacks 200 mg max.
- **dietary fiber:** Aim for 2.5 grams or more per serving.
- **sugar:** The less, the better: Cap it at 40 grams total of added sugar daily.
- **ingredients:** The fewer, the healthier.

Got a question for Joy? Send it to *joy@womansday.com*

Joy Bauer, RD, is the *TODAY* show nutrition/diet expert and bestselling author of *Slim & Scrumptious*. Learn more at *joybauer.com*

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a woman's guide to his health

What you need to know to help the men in your life stay healthy

by Alyssa Shaffer

When was the last time your husband had a checkup? If you can't remember, you're certainly not alone. Bring up a visit to the doctor, and you quickly find out that most men would rather help you shop for jeans than set foot in an MD's office.

In fact, in a WomansDay.com poll, 92 percent of you said that the only way your husband goes to the doctor is if you nag, nag, nag or make the appointment and take him there yourself. Blame it on testosterone: One recent study from Rutgers University found that guys who consider themselves "macho" are 50 percent less likely to seek preventive health care. "Men aren't as used to seeing their doctors every year as women are," notes Ian Kerner, PhD, a New York–based relationships and sex therapist. "We hate getting poked and prodded, and a lot of men are terrified of their mortality. We think if we go to the doc, he'll find something wrong."

But the key to living a long, healthy life is catching early anything that might be wrong. "Men are notorious for waiting too long to see their physician," notes Harry Lodge, MD, a New York–based internist and coauthor of *Younger Next Year.* "A lot of what happens in our bodies takes place silently, so while he may think he's just putting his head in the sand, he's really digging a huge hole for himself."

So it's up to us to help the men take charge of their well-being. Step one: knowing what they need to be concerned about. Here's our guide to some of the main issues he may be facing over the years. *(Please turn to 110)*

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in his 30s

What's happening now: With those crazy 20-something days behind him, he may not run as fast, feel as strong or recover as quickly as he used to. "Starting at age 30, our body physically starts to age and we see a decline in maximum heart rate and muscle," explains Dr. Lodge. The good news is that regular exercise and a healthy diet can significantly counter the aging process, and the earlier you start, the better. Here's what else he needs to do to keep himself fit:

■ **get an idea of his baseline** Even just a handful of checkups in his 30s can go a long way toward keeping him healthy for the next half-century. "Establishing a good relationship with a doctor now and knowing where he stands on key heart disease and diabetes screenings will help the doctor better detect any noteworthy changes in years to come," says Jahangir Rahman, MD, assistant clinical professor of medicine at Columbia University. (For specifics on which screenings he needs when, see "Check, Mate!", *right.*)

■ **know his family history** Heart disease is probably the furthest thing from his mind, but if his father, mother, aunt or uncle had a heart attack at a young age (before 60 for a man, 70 for a woman), he may also be at risk. Cardiovascular disease (including heart disease and stroke) accounts for more than half of all deaths in men, so it's never too early to get heart-healthy and know your risk factors. "Numerous studies have shown that even teenagers may have atherosclerosis (plaque deposits in the linings of the arteries), so he may already be developing a major heart attack risk," says Arthur Agatston, MD, a cardiologist *(Please turn to 116)*

check, mate!

Which tests men should get when

Blood pressure

WHEN TO GET IT Annually beginning in his 30s

WHY IT COUNTS "This is the most important piece of data available because it clearly shows if there is something affecting the arteries," says Michael Roizen, MD, chair of the Cleveland Clinic's Wellness Institute and coauthor of the *YOU: The Owner's Manual* series. Ideal goal: 115/75 or less.

Cholesterol and triglycerides blood test (including LDL/HDL cholesterol ratio and triglycerides/HDL ratio)

WHEN TO GET IT Every 5 years up to age 45, then annually

WHY IT COUNTS The triglyceride/HDL ratio warns of not only potential cardiovascular disease but also potential liver disease, says Dr. Roizen.

C-reactive protein (CRP) blood test

WHEN TO GET IT Consider starting in his 40s

WHY IT COUNTS If he has heart disease risk factors, a CRP test, which measures inflammation, may be useful. Some experts, like Dr. Roizen, recommend that everyone get this test annually because it can give your doc a warning about heart, prostate or liver problems.

Thyroid function blood test

WHEN TO GET IT Baseline at about age 20, then every 5 years until age 60, then annually

WHY IT COUNTS Low thyroid function can lead to a variety of conditions, including constipation, depression and high cholesterol.

Colonoscopy

WHEN TO GET IT Beginning at age 50, then every 5 to 10 years after that if everything looks normal (earlier or frequent screenings may be recommended for those with a family history of colorectal cancer)

WHY IT COUNTS Colorectal cancer is the second leading cause of cancer-related deaths among men.

Prostate-specific antigen blood test

WHEN TO GET IT Baseline at age 40, follow-ups at age 50 and then annually for 15 years.

WHY IT COUNTS PSA tests are currently in the crossfire between major advocacy organizations. Talk to your doc about what works best for you.

Digital rectal exam (DRE)

WHEN TO GET IT Annually starting at age 40

WHY IT COUNTS The DRE is less effective than PSA blood tests at finding prostate cancer, but it sometimes finds the disease in men with normal PSA levels.

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to relieve your heartburn for 24 hours, all day and night.*

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*Use as directed for 14 days to treat frequent heartburn. May take 1–4 days for full effect. Product contains 20 mg omeprazole.

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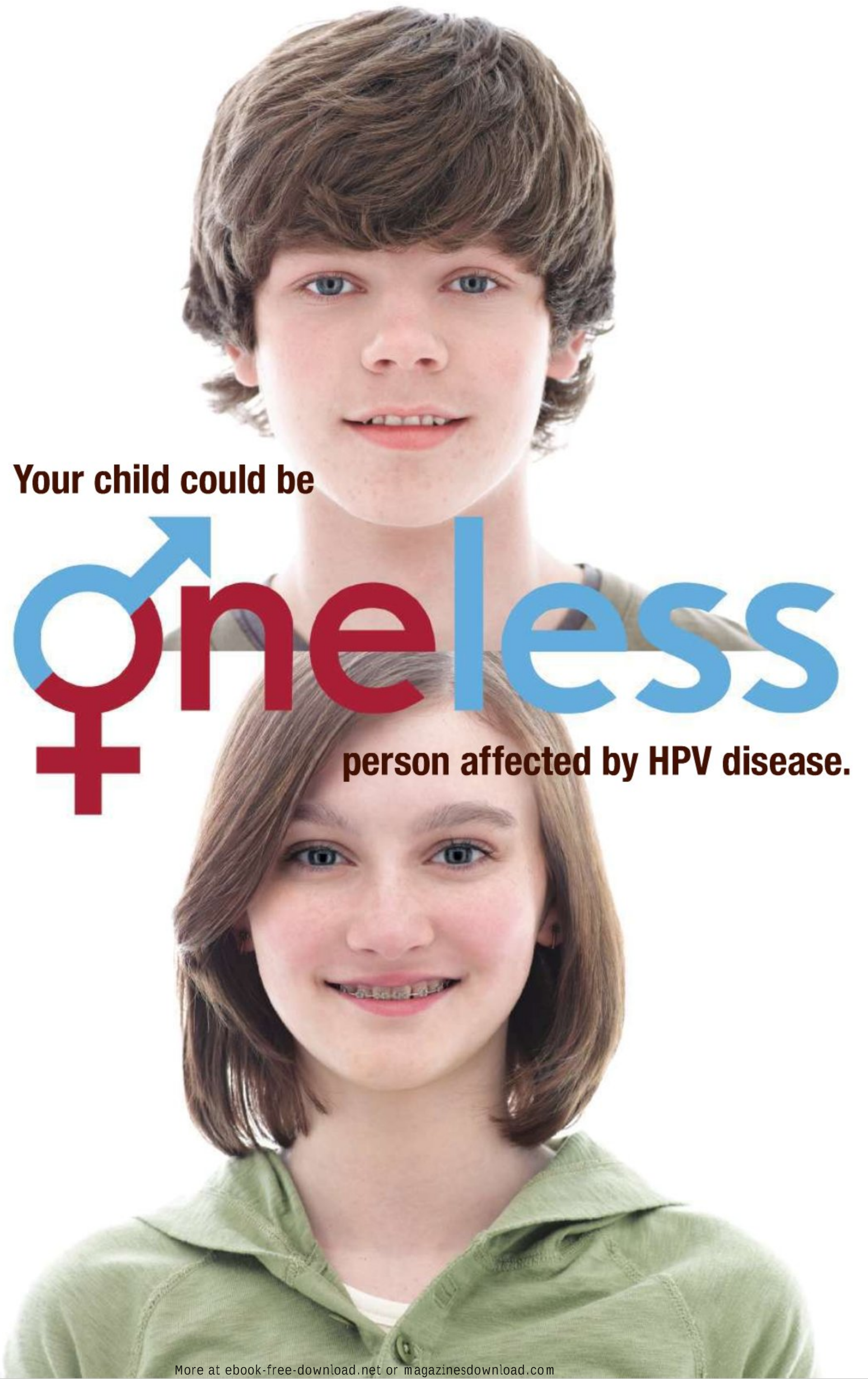

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Now you can help protect both your son & daughter with GARDASIL.

Because HPV disease can impact males and females.

There are over 30 types of human papillomavirus (HPV) that will affect an estimated 75% to 80% of males and females in their lifetime. For most, HPV clears on its own. But for the very few who don't clear certain types, HPV can cause cervical cancer in females. Other types can cause genital warts in both males and females. And there's no way to predict who will or won't clear the virus.

Every day, in the U.S., 30 women are diagnosed with cervical cancer (about 11,000 women per year) and it is estimated that each minute, there is a new case of genital warts.

GARDASIL is the only HPV vaccine that helps protect against 4 types of HPV. In girls and young women ages 9 to 26, GARDASIL helps protect against 2 types of HPV that cause about 75% of cervical cancer cases, and 2 more types that cause 90% of genital warts cases. In boys and young men ages 9 to 26, GARDASIL helps protect against 90% of genital warts cases.

GARDASIL may not fully protect everyone. GARDASIL does not prevent all types of cervical cancer, so it's important for women to continue routine cervical cancer screenings. GARDASIL does not treat cervical cancer or genital warts. GARDASIL is given as 3 injections over 6 months.

IMPORTANT SAFETY INFORMATION

Anyone who is allergic to the ingredients of GARDASIL, including those severely allergic to yeast, should not receive the vaccine. GARDASIL is not for women who are pregnant.

The side effects include pain, swelling, itching, bruising, and redness at the injection site, headache, fever, nausea, dizziness, vomiting, and fainting. Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care professional may ask your child to sit or lie down for 15 minutes after your child gets GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your health care professional.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088. Please see the Patient Information on the next page to discuss it with your child's doctor or health care professional.

GARDASIL®

[Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

gardasil.com 1-800-GARDASIL **Talk to your child's doctor today.**

patient assistance program

Having trouble paying for your Merck medicine? Merck may be able to help. Visit www.merck.com/merckhelps.

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USPPI
Patient Information about
GARDASIL® (pronounced "gard-Ah-sill")
Generic name: [Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

Read this information with care before getting GARDASIL.[1] You (the person getting GARDASIL) will need 3 doses of the vaccine. It is important to read this leaflet when you get each dose. This leaflet does not take the place of talking with your health care provider about GARDASIL.

What is GARDASIL?
GARDASIL is a vaccine (injection/shot) that is used for girls and women 9 through 26 years of age to help protect against the following diseases caused by Human Papillomavirus (HPV):

- Cervical cancer
- Vulvar and vaginal cancers
- Genital warts
- Abnormal and precancerous cervical, vaginal, and vulvar lesions
  - The diseases listed above have many causes, and GARDASIL only protects against diseases caused by certain kinds of HPV (called Type 6, Type 11, Type 16, and Type 18). Most of the time, these 4 types of HPV are responsible for the diseases listed above.
  - GARDASIL cannot protect you from a disease that is caused by other types of HPV, other viruses, or bacteria.
  - GARDASIL does not treat HPV infection.
  - You cannot get HPV or any of the above diseases from GARDASIL.

GARDASIL is used for boys and men 9 through 26 years of age to help protect against genital warts.

What important information about GARDASIL should I know?

- You should continue to get routine cervical cancer screening.
- GARDASIL may not fully protect everyone who gets the vaccine.
- GARDASIL will not protect against HPV types that you already have.

Who should not get GARDASIL?
You should not get GARDASIL if you have, or have had:

- an allergic reaction after getting a dose of GARDASIL.
- a severe allergic reaction to yeast, amorphous aluminum hydroxyphosphate sulfate, polysorbate 80.

What should I tell my health care provider before getting GARDASIL?
Tell your health care provider if you:

- are pregnant or planning to get pregnant. GARDASIL is not recommended for use in pregnant women.
- have immune problems, like HIV infection, cancer, or you take medicines that affect your immune system.
- have a fever over 100°F (37.8°C).
- had an allergic reaction to another dose of GARDASIL.
- take any medicines, even those you can buy over the counter.

Your health care provider will help decide if you should get the vaccine.

How is GARDASIL given?
GARDASIL is a shot that is usually given in the arm muscle. You will need 3 shots given on the following schedule:

- Dose 1: at a date you and your health care provider choose.
- Dose 2: 2 months after Dose 1.
- Dose 3: 6 months after Dose 1.

Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care provider may ask you to sit or lie down for 15 minutes after you get GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your health care provider.

Make sure that you get all 3 doses on time so that you get the best protection. If you miss a dose, talk to your health care provider.

What are the possible side effects of GARDASIL?
The most common side effects with GARDASIL are:

- pain, swelling, itching, bruising, and redness at the injection site
- headache
- fever
- nausea
- dizziness
- vomiting
- fainting

Tell your health care provider if you have any of the following problems because these may be signs of an allergic reaction:

- difficulty breathing
- wheezing (bronchospasm)
- hives
- rash

Tell your health care provider if you have:

- swollen glands (neck, armpit, or groin)
- joint pain
- unusual tiredness, weakness, or confusion
- chills
- generally feeling unwell
- leg pain
- shortness of breath
- chest pain
- aching muscles
- muscle weakness
- seizure
- bad stomach ache
- bleeding or bruising more easily than normal

Contact your health care provider right away if you get any symptoms that concern you, even several months after getting the vaccine.

For a more complete list of side effects, ask your health care provider.

What are the ingredients in GARDASIL?
The ingredients are proteins of HPV Types 6, 11, 16, and 18, amorphous aluminum hydroxyphosphate sulfate, yeast protein, sodium chloride, L-histidine, polysorbate 80, sodium borate, and water for injection.

This leaflet is a summary of information about GARDASIL. If you would like more information, please talk to your health care provider or visit www.gardasil.com.

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GUIDE TO HIS HEALTH

CONTINUED and associate professor of medicine at the University of Miami. Also, make sure he tells the doc if he has a family history of diabetes, high cholesterol or colon cancer. If any of these run in his family, he should be screened before he turns 40.

keep sex fun "When intercourse focuses on baby-making—rather than the act of sex itself—some men can have trouble achieving a normal erection or climaxing," notes Abraham Morgentaler, MD, an associate clinical professor of urology at Harvard Medical School and author of *Testosterone for Life*. Putting an emphasis on pleasure can help reignite the spark.

get vaccinated If he's never had chicken pox or gotten the vaccine, now's the time. "Many people over 40 today have already been exposed, and their kids are vaccinated, but there's still this group of 30-somethings in the middle who've missed out," explains Dr. Rahman. Adult chicken pox can lead to complications like pneumonia (not to mention a world of discomfort), so he should ask his MD for the shot now. He should also make sure his tetanus shot is current (you need one every 10 years) and get an annual flu shot.

make exercise a habit Work and family are probably eating into his time now more than ever, but being active is crucial to staying heart-healthy, staving off weight gain and keeping disease-causing belly fat in check. So encourage him to keep it in his weekly planner—whether it's jogging around the local track, joining an athletic league at work or regularly shooting hoops with his friends. *(Please turn to 118)*

do a below-the-belt check Younger men are at a higher risk for testicular cancer (peak ages are between 18 and 35), so encourage your mate to do a monthly lump check and stay on guard. "Testicular cancer is 95 percent curable when it's caught early," says Dr. Morgentaler. Here's how it's done: Move the penis out of the way and check one testicle at a time. Holding the testicle between thumb and fingers, gently roll back and forth, feeling for any hard, smooth or rounded bumps or changes in size, shape or consistency of the testes. (Don't count the epididymis, the tube behind each testicle that holds sperm and feels like a small bump.)

get him to the doc, nag-free

MAKE IT A DATE "If you share the same general practitioner, make your appointments around the same time, and then meet up afterward for a bite," says Dr. Kerner. "My wife and I do this, and I end up looking forward to it."

BE STRATEGIC Help him find some holes in his schedule (offer to run extra errands to free up his time).

POINT OUT HIS OBLIGATIONS Tell him you need him to be around for a long time to come. "If you have kids, tell your spouse that you want him to be a healthy grandfather," notes Dr. Kerner. And if he has a strong family history of a chronic ailment like heart disease or diabetes, tell him you want him to be healthier than his own parents or grandparents.

TALK DOLLARS AND SENSE Reassure him that seeing the doctor is a solid investment in good health. If he gets sick, it will be much more costly to the family.

MAKE IT RELATABLE "Men are so good at taking care of their cars—tell them to think of their bodies in the same way," says Steven Kaplan, MD, a urologist at NewYork-Presbyterian Hospital/Weill Cornell Medical Center and director of the future Iris Cantor Men's Health Center. "Your body's a machine that needs to be taken care of and checked at regular intervals to keep it running well."

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in his 40s

What's happening now: This is when many men really begin to feel the signs of impending age—especially if they've been ignoring their health up to now. "In the 40s we begin to see a marked increase in weight gain, high blood pressure, diabetes and physical issues like back problems," says Dr. Lodge. But don't despair. "This is a great decade to turn your health around. You can easily knock 20 years off your age if you take the right measures," he adds. Encourage him to begin here:

stay social This is often a time of intense career focus, so some of his buddies from his youth are likely to slip off his radar. "After their schooldays are gone, many men have a lot of trouble forming new deep friendships," says Dr. Lodge. Think of it as more than just finding someone to watch sports with; loneliness may increase health risks (men without a strong circle of friends and family have double the death rate from heart attacks and twice the risk of developing Alzheimer's), so it's crucial for him to stay connected to his pals.

make his checkup an annual affair "Now is when we really need to start keeping an eye on things like diabetes, heart disease and cancer, especially if there's a strong family history," says Dr. Rahman. It's also a good time for him to talk to his doctor about a PSA (prostate-specific antigen) test, which checks PSA levels in the blood. If they're elevated, it may indicate prostate cancer. The American Urological Association now calls for a baseline check at 40.

curtail cocktail hour Research shows that men in their 40s feel more burdened than at perhaps any other time. A glass of the hard stuff may seem like a good way to unwind—but watch out. "Most people think alcohol is a destressor, but it makes you more impatient and irritable," says Dr. Rahman. And heavy drinking can also lead to more serious damage, including liver and heart disease.

commit to date night It's a great stress reliever and relationship strengthener. "In this economy, many couples sacrifice things like going out for dinner and a movie, and their relationship often falls to the bottom of the list," notes Dr. Kerner. "But getting out together can go a long way toward countering daily pressures because it helps you stay connected and emotionally support each other." More surefire stress busters: a good night's sleep (between 7 and 9 hours), regular exercise, a healthy diet and some hanky-panky.

deflate the spare tire By their 40s, men are much more likely to have belly fat, which can signal metabolic syndrome, a precursor to diabetes and heart disease. "A bigger belly can be a sign of inflammation, which is linked to so many life-threatening conditions," notes Dr. Roizen. The danger zone is a waist size that's over 40 inches.

stock up on healthier fare Around age 40, your body isn't as able to get rid of the fat, extra calories and artificial ingredients it doesn't need, says Dr. Roizen. Foods to avoid: those high in saturated fats, trans fats, simple sugars, syrups (like high-fructose corn syrup) and non-whole grains (white bread and rice).

be aware of performance problems "Many men in their 40s will notice their orgasms are not as intense," says Dr. Morgentaler. Erectile dysfunction (ED) and a reduced sex drive may also start to surface. Some of this is due to lower testosterone levels, which are now on the decline after a peak in the mid-30s. Have him get his testosterone levels checked and consider getting treatment if the numbers are abnormally low. "As many as a third of men over the age of 40 have low testosterone levels," says Dr. Morgentaler. Ask for the levels of both total testosterone and "free" testosterone, or the portion that his body can actually use, he adds. "A fair number of men whose total testosterone is normal may still have low levels of free testosterone, which can contribute to ED and a lower sex drive, as well as to chronic fatigue, irritability and depression." Another sign his testosterone levels may be slipping: He no longer needs to shave every day. *(Please turn to 120)*

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in his 50s

What's happening now: For many men, these 10 years are a transition period—if they're not taking steps to stay healthy, they're really feeling it by the end of this decade. "You need to step things up to keep feeling young," says Dr. Lodge. Here's what he needs to do to keep up the smooth sailing.

■ hit the weights

Aerobic exercise, like swimming and walking, remains crucial to keeping weight in check and cardiovascular benefits high. But regular strength training also becomes more important as muscle mass begins to decline and joints become creakier. "By the 50s, there's not as much spring in your joints," notes Dr. Lodge. "Your muscles can compensate to an extraordinary degree, but only if they are strong." Resistance exercises (with machines, dumbbells or resistance bands) can help build more lean mass and protect the joints.

■ see the eye doc If he hasn't already made a trip to the ophthalmologist, now's the time to start. Glaucoma affects over 4 million Americans and is the leading cause of blindness among African-Americans. Caught early, it can be managed, but there are rarely symptoms in the initial stages, making it crucial to get an exam measuring intraocular pressure.

■ watch for nighttime bathroom runs Many 50-somethings are starting to have signs of an enlarged prostate, which often means more frequent urination with more urgency. Encourage him to talk to his doctor about getting his PSA levels checked yearly, although there's some controversy over how often and aggressively they need to be monitored. "We're looking for a change in PSA, rather than just a high number," explains Dr. Morgentaler. And those with a higher risk (men with a first-degree relative who was diagnosed with prostate cancer before 65, as well as African-Americans) should take extra precautions.

■ check the plumbing The American Cancer Society recommends that all adults with average risk factors get screened for colorectal cancer starting at age 50. Certain risk factors, including having a family history of colorectal polyps or cancer, warrant screening younger (usually 10 years before the age at which your relative was diagnosed). "Most colorectal cancers develop from growths called polyps in the colon or rectum," explains Mark B. Pochapin, MD, director of The Jay Monahan Center for Gastrointestinal Health at New York-Presbyterian Hospital/Weill Cornell Medical Center. "Colon cancer screening is crucial so we can detect and remove these polyps before they turn cancerous."

■ don't ignore warning signs In many cases, what seems like bad indigestion is actually the beginnings of a heart attack. "In your 50s, you're much more likely to have symptoms of heart disease," says Dr. Agatston. These can include a pressure or tightness in the chest when you exert yourself that lasts longer than a few minutes or goes away with rest and returns; shortness of breath; nausea; and discomfort in areas like the back, arms, neck, jaw or stomach. "If you're having pain that's more severe or different from anything you've had before, or have a family history of heart disease, call your doctor right away," Dr. Agatston adds.

By now he should also be getting a full workup yearly that includes blood tests to check cholesterol and triglyceride levels. If he's having symptoms, the doc will order an echocardiogram and a stress test. Some patients with risk factors may also benefit from a coronary calcium scan (which measures the buildup of calcified plaque in the coronary arteries) as well as carotid artery imaging (an ultrasound that checks for narrowing and stiffening of the arteries).

■ supplement with fish oil Research has shown that omega-3 fatty acids (found in fish like salmon, tuna, trout and mackerel), have many health benefits, from lowering blood pressure to helping brain function and preventing macular degeneration, the leading cause of blindness. But since experts say you have to eat fish at least twice a week to get the benefits, it may be easier to pop a fish or krill-oil pill. Ask your doctor which brands he recommends. *(Please turn to 123)*

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in his 60s and beyond

What's happening now: "Research shows that people in their 60s and 70s are markedly happier than at other points in their lives," says Dr. Lodge. Avoid chronic disease and he can expect to reap the rewards of healthy living if he's paid attention to diet, exercise and preventive medicine for the past few decades. But it's still never too late to start.

keep up the exercise *Senior* doesn't mean *sedentary.* If he's not strength training yet, he should start now. "You *can* build high-quality muscle mass through your 60s. By your 70s, it's more about living off what you've already built, like a retirement fund," Dr. Lodge says. Aerobic exercise also counts. He should consider doing some form of interval training, mixing bursts of high intensity with moderate intensity. (Of course, you can start this younger!) A recent study found that people who did this type of exercise for 40 minutes a week had twice the fitness gains as those who did a steady-pace run for 150 minutes a week. At age 63, Dr. Agatston does his own routine of 15-second sprints followed by 30 seconds of recovery. "Interval training also helps keep your metabolism up," he notes.

get on Facebook Study after study shows that seniors who are most socially connected live longer and have a lower risk of Alzheimer's. Facebook is a great way to link up with old friends and find new ones. If he's not a fan of new media, help him get involved in other community groups.

take some D Many doctors advise that all adults take D supplements, but older adults in particular are at risk of a deficiency, which can raise their odds of heart disease, cancer, weak bones and even memory loss. "Vitamin D is largely made by the body as a result of sun exposure, but many older adults aren't getting out in the sun that much," notes David Katz, MD, director of the Prevention Research Center at Yale University School of Medicine in Derby, Connecticut. Guidelines call for at least 400 IU of D daily for adults ages 51 to 70, and 600 IU for those who are older, but experts advise taking as much as 800 to 1,000 IU for optimum benefits. wd

look and listen Eyesight and hearing can really start to wane now, which can be dangerous. "Declining hearing and vision levels can often lead to falls and injury, causing fractures and potentially serious health issues," says Dr. Katz. In fact, a third of all seniors report falling each year—it's the leading cause of death from injury among those 65 and older—and two-thirds of those who fall will fall again within 6 months. Make sure he gets a hearing, vision and balance test at his annual visit.

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craving a brownie? eat it!

EXCLUSIVE FROM WOMAN'S DAY
GET REAL DIET part 4

You *can* have your favorite foods and still lose weight

by Karen Ansel, RD

Have you ever tried desperately to avoid a food you crave only to find yourself devouring a pint of ice cream? Labeling something "forbidden" only makes you want it more, so satisfying a craving (in moderation) is usually a better plan. But if you're serious about losing weight, you need to strategize. A few options:

1 DOWNSIZE YOUR TREATS, so you're eating a smaller amount of the exact thing you want. For example, instead of a 4" square brownie, have a 2" square brownie.

2 GO FOR A LOWER-CALORIE SUBSTITUTE That may mean skipping ice cream in favor of sorbet. (Warning: If you've been dreaming about the real stuff for hours, a stand-in might not quash the original craving.)

3 MAKE ROOM IN YOUR DAILY CALORIE COUNT for a food you really want.

KNOW YOUR TRIGGER FOODS The exception to the "don't deprive yourself" rule: foods that you can't eat a bite of without stopping. So, if you know that you can't eat a cookie without devouring the box, better to resist the first one.

Read on for more ways to deal with cravings. ▶

GEMMA COMAS; FOOD STYLING BY JOYCE SANGIARDI; PROP STYLING BY PAUL LOWE.

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Advertisement

My #1 top skin care picks for 2010

by Kelly Lee, L.E. Skin Care Contributor

#1 top Age Spot Remover: *Actifade®Age-Defying Complex for Face & Body*

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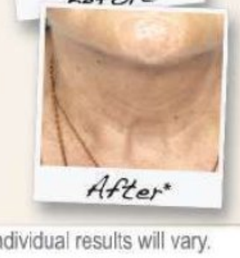
Find Actifade® :neck lift in the skin care aisle at: Walgreens



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make room for your cravings

Each of these sample meals adds up to 500 calories for a total of about 1,500 calories a day (which should enable you to lose about 1 to 2 pounds a week).

breakfast

WHAT YOU'RE CRAVING: BACON

- **What you'd normally have:** 2 scrambled eggs cooked in 1 tsp butter with 1 slice Cheddar on a whole-wheat English muffin with a 12-oz latte made with skim milk
- **Eat what you want:** Skip the Cheddar and add 2 slices of bacon.

WHAT YOU'RE CRAVING: CHOCOLATE-CHIP PANCAKES

- **What you'd normally have:** 3 medium (4") buttermilk pancakes with 3 Tbsp maple syrup and 1 cup fruit salad
- **Eat what you want:** Skip the maple syrup and add 2 Tbsp chocolate chips.

WHAT YOU'RE CRAVING: A SWEET AND GOOEY CINNAMON ROLL

- **What you'd normally have:** 1 medium (4½") cinnamon-raisin bagel with 2 Tbsp cream cheese and an 8-oz lowfat cappuccino
- **Eat what you want:** Swap the bagel and cream cheese for a medium (5 oz) cinnamon roll; swap the cappuccino for an 8-oz regular coffee with a splash of 1% milk.

lunch

WHAT YOU'RE CRAVING: A SIDE OF POTATO CHIPS

- **What you'd normally have:** A tuna sandwich on whole-wheat bread with a side salad (1½ cups mixed greens with 2 Tbsp Italian dressing)
- **Eat what you want:** Skip the dressing on the salad (vinegar is OK) and add a 1-oz bag potato chips.

WHAT YOU'RE CRAVING: CAESAR DRESSING

- **What you'd normally have:** 2 cups romaine lettuce with ½ cup grated carrots, 4 oz grilled chicken, 10 croutons, ¼ cup grated Parmesan, 2 Tbsp lite balsamic vinaigrette and a small whole-wheat roll
- **Eat what you want:** Skip the Parmesan, use only 5 croutons and swap the lite dressing for 2 Tbsp Caesar dressing.

WHAT YOU'RE CRAVING: CHEESE ON YOUR SANDWICH

- **What you'd normally have:** 2 pieces rye bread with 2 oz roast turkey breast, 1 Tbsp mayo, lettuce and sliced tomato, and a 1-oz bag tortilla chips
- **Eat what you want:** Swap the mayo for 1 Tbsp honey mustard and the tortilla chips for an apple, then add 2 slices Swiss cheese.

dinner

WHAT YOU'RE CRAVING: ALFREDO SAUCE

- **What you'd normally have:** 1 cup pasta with ½ cup marinara sauce, ½ cup steamed broccoli and 1 slice buttery garlic bread
- **Eat what you want:** Skip the garlic bread and swap the marinara for ½ cup Alfredo sauce.

WHAT YOU'RE CRAVING: STEAK

- **What you'd normally have:** 6 oz grilled chicken, a medium baked potato with 2 Tbsp sour cream, and 1 cup steamed spinach with ½ Tbsp butter
- **Eat what you want:** Skip the sour cream and butter, and swap your chicken for a 6-oz grilled lean flank steak.

WHAT YOU'RE CRAVING: A CHOCOLATEY DESSERT

- **What you'd normally have:** 6 oz salmon fillet with 1 Tbsp teriyaki sauce, 1 cup rice and 1 cup broccoli with 1 tsp olive oil
- **Eat what you want:** Cut your portion of rice to ½ cup and add a small (2" square) brownie. ▶

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think small

You *can* satisfy cravings without inhaling a hot fudge sundae or jumbo bag of chips. For 200 calories or less, you can have:

SWEET

- ☐ 1 oz high-quality chocolate, like Dove Silky Smooth
- ☐ 1 small (2" square) brownie
- ☐ 1/4 cup Cranberry Raisinets
- ☐ 1/2 cup all-natural lowfat pudding, like Kozy Shack
- ☐ 1/4 cup dried fruit, like apricots, cranberries, blueberries, mangoes or pineapple
- ☐ 1 cup chocolate- or caramel-flavored herbal tea, like Lipton Caramel Truffle or Celestial Seasonings Chocolate Caramel Enchantment Chai
- ☐ 8 oz hot chocolate made with skim milk
- ☐ 1 Tbsp caramel topping (drizzle on sliced apples)
- ☐ 1 Tbsp honey (add to tea or plain yogurt)

SALTY

- ☐ 15 all-natural tortilla chips, like Garden of Eatin'
- ☐ 1 oz whole-grain pretzels
- ☐ 1/4 cup sunflower or pumpkin seeds
- ☐ 1/4 cup soy nuts
- ☐ 20 olives
- ☐ 1–2 Tbsp low-sodium soy or teriyaki sauce (drizzled over veggies)

CREAMY

- ☐ 1 cup lowfat cream of mushroom soup, like Imagine or Amy's
- ☐ 1 cup cooked polenta
- ☐ 1/4 cup tzatziki (Greek yogurt, garlic and cucumber dip) with a mini whole-wheat pita
- ☐ 1/4 avocado (on 1 slice soft sandwich bread)
- ☐ 8 oz cappuccino made with 2% milk
- ☐ 6 oz all-natural lowfat vanilla yogurt, like Stonyfield Farm

CRUNCHY

- ☐ 15 all-natural potato or sweet potato chips, like Terra Chips
- ☐ 3/4 cup whole-grain cereal
- ☐ 1 cup sliced jicama (dip in salsa or add to salad)
- ☐ 1 oz plantain chips
- ☐ 1–2 granola bars, like Nature Valley
- ☐ 12 small whole-wheat crackers, like Wheat Thins Fiber Selects **wd**

THE GET-REAL BASICS

- **Eat 3 meals and 1 or 2 snacks every day.**
- **Aim for 2 to 3 servings of lean protein daily, 3 servings of calcium and 3 to 5 servings of healthy grains.**
- **Focus on volume-rich foods (filled with lots of water or air to keep you full).**
- **Eat mostly complex carbs.**
- **Eat mostly healthy fats.**
- **Choose fresh foods over packaged ones when possible.**
- **Keep a food diary.**
- **Make tradeoffs: If you overdo it at one meal, downsize the next (but no meal skipping!).**
- **Aim for about 1,500 to 1,700 calories a day (to lose 1 to 2 pounds a week).**

MyBONIVA is a free program that gives you tips from Sally, ideas, and support to help manage your osteoporosis.

You'll get:

- One month of BONIVA free*
- Sally Field's tips on managing your osteoporosis and building stronger bones.
- Helpful monthly reminders to take your BONIVA, delivered by phone, e-mail, or mail.
- Quarterly newsletters filled with bone-strengthening exercises and simple, delicious recipes.

*You must be 18 years of age or older to join MyBONIVA. The free trial offer is limited to one per patient. MyBONIVA is a registered trademark of Roche Therapeutics Inc.

For meal plans and more, go to *womansday.com/getreal*

More at ebook-free-download.net or magazinesdownload.com

If you have osteoporosis, like me, calcium, vitamin D, and exercise can help. But they may not be enough to keep your bones strong. So ask your doctor if once-monthly BONIVA can help you do more. Studies show, after a year on BONIVA, 9 out of 10 women stopped and reversed their bone loss.† And my test results proved I did, too.

BONIVA is a prescription medication to treat and prevent postmenopausal osteoporosis.
Ask your doctor if BONIVA is right for you.

Important Safety Information: You should not take BONIVA if you have certain problems with your esophagus (the tube that connects your mouth and stomach), low blood calcium, cannot sit or stand for at least 60 minutes, have severe kidney disease, or are allergic to BONIVA. Stop taking BONIVA and tell your doctor right away if you experience difficult or painful swallowing, chest pain, or severe or continuing heartburn, as these may be signs of serious upper digestive problems. Follow the dosing instructions for once-monthly BONIVA carefully to lower the chance of these events occurring. Side effects may include diarrhea, pain in the arms or legs, or upset stomach. Tell your doctor and dentist about all the medicines you take. Tell them if you develop jaw problems (especially following a dental procedure) or severe bone, joint, and/or muscle pain. Your doctor may also recommend a calcium and vitamin D supplement.

You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

*Bone density measured at the lumbar spine after 1 year of treatment. Individual results may vary.
†Bone density measured at the lumbar spine, total hip, or trochanter; 3 out of 4 at the femoral neck.

Please read Patient Information on the next page.

Enroll today. Call 1-888-246-6328 or visit BONIVAfreetrial.com and try BONIVA free.

once-monthly Boniva® ibandronate sodium 150 mg tablet

Help Stop and Reverse Bone Loss

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Boniva® ibandronate sodium

IMPORTANT FACTS ABOUT BONIVA

(bon-EE-va) ibandronate sodium 150-mg tablet

What is BONIVA?

BONIVA, a bisphosphonate, is a prescription medicine used to treat and prevent osteoporosis in postmenopausal women, characterized by weakening of the bone.

Taken once a month in tablet form, BONIVA may stop and reverse bone loss in most women. It has been clinically proven to help build and maintain bone density, which can help reduce fractures.

What is the most important information about BONIVA?

BONIVA may cause serious problems in the stomach and the esophagus (the tube that connects your mouth and stomach) such as trouble swallowing, heartburn, and ulcers.

Who should not take BONIVA?

Do not take BONIVA if you:

- have abnormalities with your esophagus, such as restriction or difficulty swallowing
- have low blood calcium (hypocalcemia)
- cannot sit or stand for at least 60 minutes
- have kidneys that work very poorly
- are allergic to BONIVA or any of its ingredients

See Patient Information for complete list.

Before you start BONIVA.

Tell your health care provider if you:

- are pregnant or plan to become pregnant
- are breast-feeding
- have trouble swallowing or other problems with your esophagus
- have kidney problems
- are planning a dental procedure such as tooth extraction

Tell your health care provider and dentist about all medications you're taking, including vitamins, antacids, and supplements.

How should you take BONIVA?

You must take BONIVA exactly as instructed by your health care provider.

- Take first thing in the morning, on the same day each month.
- Swallow whole (do not chew or suck) with a full glass (6 to 8 oz) of plain water (not sparkling or mineral). Do not take with tea, coffee, juice, or milk.
- After you take BONIVA, remain standing or sitting for at least 60 minutes before you eat, drink, lie down, or take any other oral medications, including calcium, vitamins, and antacids. Some medicines can stop BONIVA from getting to your bones.
- If you miss a monthly dose and your next scheduled BONIVA day is more than 7 days away, take one BONIVA 150 mg tablet in the morning following the day that you remember. Do not take two 150 mg tablets within the same week. If your scheduled BONIVA day is only 1 to 7 days away, wait until your next scheduled BONIVA day to take your tablet. Then return to taking one BONIVA 150 mg tablet every month in the morning of your chosen day, according to your original schedule. If you are not sure what to do if you miss a dose, contact your health care provider, who will be able to advise you.
- If you take too much BONIVA, drink a full glass of milk and call your local poison control center or emergency room right away. Do not make yourself vomit. Do not lie down.

What are the possible side effects of BONIVA?

Stop taking BONIVA and call your health care provider right away if you have pain or trouble swallowing, chest pain, or very bad heartburn or heartburn that does not get better. Follow dosing instructions carefully to decrease the risk of these effects.

BONIVA may cause:

- Pain or trouble swallowing
- Heartburn
- Ulcers in stomach or esophagus

Common side effects are:

- Diarrhea
- Pain in extremities (arms or legs)
- Upset stomach

Less common side effects are:

- Short-term, mild flu-like symptoms, which usually improve after the first dose

Rarely, patients have reported allergic and skin reactions. Contact your health care provider if you develop any symptoms of an allergic reaction including skin rash (with or without blisters), hives, wheezing, or swelling of the face, lips, tongue, or throat. Get medical help right away if you have trouble breathing, swallowing, or feel light-headed.

Rarely, patients have reported severe bone, joint, and/or muscle pain starting within one day to several months after beginning to take oral bisphosphonate drugs. Contact your health care provider if you develop these symptoms after starting BONIVA.

Rarely, patients have reported serious jaw problems associated with delayed healing and infection, often following dental procedures such as tooth extraction. If you experience jaw problems, contact your health care provider and dentist.

This summary is not a complete list of side effects. For a complete list, consult your health care provider or pharmacist.

Want to know more?

This summary is not everything you need to know about BONIVA. It does not take the place of talking with your health care provider about your condition or treatment. For more complete information, talk to your health care provider or pharmacist.

Visit myboniva.com or call 1-888-MyBONIVA for the complete Prescribing Information, which includes the Patient Information.

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trim your trouble spots

shape up for summer! by Denise Austin

We all have that body part (or two) that we think could use a little, well, tightening up. Maybe you've heard that it's hard to change the look of just one area, but believe me, targeted moves *can* make a difference by trimming inches and helping you firm up. Of course, doing cardio 3 or 4 times a week is crucial to burn fat all over, but strength training, using either your own body weight or dumbbells, builds muscle, which makes you more toned. And don't worry about bulking up: You'd have to follow a pretty extreme regimen for that to happen.

This workout is made up of the most effective moves to help shape the most common areas we all struggle with: upper arms, back, belly, butt and thighs. Do these exercises every other day and you should see results in three weeks. Do them together as a total 15- to 20-minute routine or pick the spots you want to tone most.

MORE MOVES

HILMAR MEYER-BOSSE

tricep toner

a) Step left foot forward 3 to 4 feet and bend left knee. Keep right leg straight behind you. Rest left hand on left thigh. Holding one or two 3- to 5-lb dumbbells in right hand, bend right elbow at side. **b)** Extend right arm straight back, keeping upper arm still. Keeping elbow lifted, bring forearm back in. Do 15 to 20 reps each side.

Always check with your doctor before starting an exercise routine.

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butt blaster

a) Get on the floor on hands and knees. Place one dumbbell (start with 2 to 3 lbs) in the bend of your left knee. **b)** Flex foot and lift leg up toward the ceiling, keeping upper leg/thigh in line with your back. Bring leg down to original position; repeat, keeping back strong and abs tight. Do 15 reps with each leg.

thigh/butt lifter

a) Sit with right leg bent in front of you, left leg bent behind, hands on the floor in front of you. b) Lift left leg an inch or two off the floor 10 to 15 times. Switch legs; repeat.

waist whittler

a) Lie on your back with your legs bent in the air at a 90-degree angle. Place a rolled-up towel between your knees and squeeze. Extend your arms out to the sides on the floor. b) With legs together, abs tight, upper body still, lower knees to the left side. Then bring knees to right side. Alternate for a total of 15 reps.

MORE MOVES

back fly

a) Stand with feet together, holding a 3-lb dumbbell in each hand. Bend knees slightly and lean upper body forward, back straight. With elbows slightly bent, extend arms down with palms facing each other. **b)** Lift arms straight out to the sides, squeezing shoulder blades together. (Don't lift arms past shoulders.) Start with 10 reps; aim for two sets of 15.

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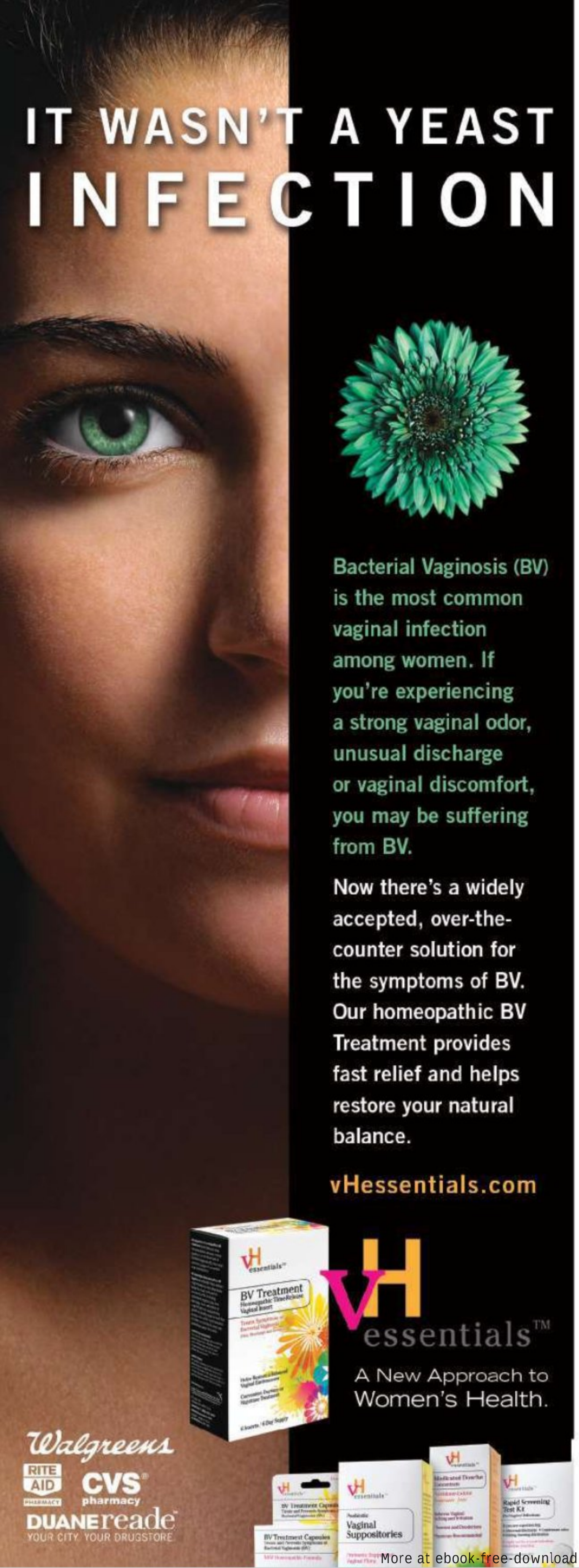

inner thigh toner

a) Lie on your back with legs bent and feet flat on the floor. Place a hand towel between your knees and squeeze. Rest arms by your sides. b) Squeeze legs together and lift hips off the floor. Lift and lower 15 times. Rest, then do another set of 15.

muffin top melter

a) Turn to left side, balancing on left elbow, forearm and knee. Extend right leg straight, with toes touching floor. Bend right arm so hand is by ear. **b)** Twist upper body toward floor, bringing right elbow down toward left hand. Do 15 times, then switch sides and repeat.

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outer thigh toner

a) Stand with feet shoulder-width apart, hands on thighs, and squat as if you're lowering into a chair. **b)** As you stand, extend right leg straight out to the side. Squat again, and as you stand, extend left leg. Keep switching legs for a total 15 to 20 reps.

lower tummy trimmer

a) Lie on your back with your legs bent in the air at a 90-degree angle. Place your arms by your sides with palms on the floor. **b)** Using lower abs, lift hips, pulling belly button in, pressing thighs together. Lower and repeat for a total of 10 to 15 reps.

back strengthener cooldown

Lie on stomach with legs straight behind you, arms stretched out to the sides. Lift arms, feet and lower legs off the ground (pointing toes) using your abs and torso. Hold for a count of 5. Repeat up to 5 times if you can.

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IT HAS A "REPUTATION."

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eat well

CON POULOS; PROP STYLING BY GERRI WILLIAMS.

DON'T CRY FOR ME, ONIONS

We know. Just the thought of them brings tears to your eyes. But it doesn't have to be this way! When you cut onions, peel away the dry outer layers but avoid cutting into the root (flatter) end, where there's a concentration of eye-watering sulfuric compounds. Now you're cookin' (not cryin'). If you love onions as much as we do, turn the page for an easy primer.

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ONIONS, A USER'S GUIDE

BUYING In general, look for onions that are heavy for their size and free of blemishes.

STORING Keep bunched scallions and leeks in the vegetable bin of your refrigerator and use within 4 days. All other types should be stored in a cool, dry place for up to 2 weeks.

how to use them

1. RED ONIONS These are a good choice for using raw, as in salads, garnishes or salsas. They're also great when grilled and have the bonus of maintaining most of their color.

2. SCALLIONS Sometimes referred to as green onions, they have a pleasing mild flavor that lends itself to using raw in salads and as a garnish for soups or pasta, as well as in quick-cooking dishes like stir-fries.

3. YELLOW ONIONS These full-flavored standbys can be put into almost anything. When cooked, they turn a light brown and add a tangy sweetness to your dish.

4. VIDALIA Grown in Georgia, where the low-sulfur soil gives them an intense sweetness, Vidalias can be eaten raw. When cooked, they make great onion rings and also add a caramelized flavor to pastas, roasts and casseroles.

5. SHALLOTS Sometimes mistaken for garlic because of their similar shape, shallots have a sweet, bold flavor. Ideal in sauces and gravies, or sautéed and added to vegetable side dishes.

6. LEEKS Heartier than scallions; best when sautéed. Trim both ends and wash well. Slice thinly and use as a base for stews and soups or add to braised meat dishes.

TOP: CON POULOS; FOOD STYLING BY STEPHANA BOTTOM; PROP STYLING BY GERRI WILLIAMS.
BOTTOM: JONNY VALIANT; FOOD STYLING BY *WOMAN'S DAY* FOOD DEPARTMENT; PROP STYLING BY GERRI WILLIAMS.

FLAVOR OF THE YEAR

Every year, herb-and-spice company McCormick gathers food pros to create a Flavor Forecast, revealing which food-and-spice pairings are going to be the next big thing. Among this year's top picks is **roasted cumin with chickpeas**, which traces its origins to the Middle East. Here's our take on this tasty trend.

roasted cumin & chickpea salad

SERVES 4

- **¾ tsp cumin**
- **2 Tbsp lime juice**
- **½ tsp salt**
- **¼ tsp pepper**
- **2 Tbsp extra-virgin olive oil**
- **½ small red onion, chopped**
- **1 celery rib, sliced**
- **1 medium tomato, seeded and chopped**
- **1 can (16 oz) chickpeas, rinsed and drained**
- **¼ cup crumbled feta**

1. Heat a dry 8-in. skillet over medium heat. Add cumin and toast 1 minute or until spice is fragrant. Remove from heat.
2. In a small bowl, whisk lime juice, salt, pepper and toasted cumin until combined. Slowly add oil, whisking until blended.
3. Place onion in a large bowl and pour in dressing. Place celery, tomato and chickpeas on top of onion without mixing. Cover and refrigerate 15 minutes.
4. Add feta to bowl with chickpea mixture. Toss to combine.

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how to grill the perfect steak

Chef John Schenk of the Strip House Restaurant in Las Vegas (where steak is the signature dish) figures he's overseen the grilling of 540,000 steaks in his lifetime. Yeah, we'd call him an expert.

- **OIL IT** Use a canola/olive oil blend to coat the steak before seasoning it. By lightly coating the meat, you'll get a quick sear, ensuring a juicier steak and perfect charring.

- **SEASON SIMPLY** A well-marbled steak needs only coarsely ground black pepper and kosher salt to bring it to flavor perfection.
- **IT'S ALL ABOUT THE HEAT** High heat sears the surface of the meat, allowing for the perfect combination of charred outside and juicy inside. Keep two sides of the grill hot and move the steak to the second hot spot if the first grilling area is aggressively flaming up.
- **DON'T FLIP IT** Flipping the steak too often can sabotage the charring of the meat and get rid of most of the seasoning. And don't drag the steak over the grill when turning. Pick it up in one straight motion and place it back with the same motion.
- **REST AND RELAX** Once it's reached the desired doneness, take the steak off the grill and allow it to rest for at least 5 minutes on a wire rack over a pan before cutting it. This ensures that there's air all around the steak to stop the cooking process. The juices will redistribute throughout the steak and make it tender.

fire it up

Happens at least once every summer: You realize you're out of fuel for the grill just as the meat is about to go on. This year, keep a FlameDisk ($4; **flamedisk.com**) on hand. It's a solid disk made of eco-friendly ethanol packaged in recycled aluminum. Simply peel off the lid, light it and it's ready in seconds. It burns for 40 minutes and cools off quickly for easy disposal—no soot, ash or lingering hot coals.

WANT TO GRILL THE PERFECT BURGER?
Turn to page 184 to see how.

KETCHUP FOR GROWNUPS

Dulcet's new "adult ketchup" is taking the hamburger to new levels. Known for making some truly delicious sauces and dressings, the company has now created all-natural ketchups in flavors like Sweet Orange Chile, Mild Indian Curry and Peppery Moroccan, which are also worthy of serving alongside a pork chop or tossing into a meatball mixture to punch up the flavor. ($4.99; at Whole Foods or **dulcetcuisine.com**)

LEFT: JONNY VALIANT; FOOD STYLING BY *WOMAN'S DAY* FOOD DEPARTMENT; PROP STYLING BY GERRI WILLIAMS. BOTTOM RIGHT: CON POULOS.

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brazilian
chicken curry
page 144

opposite page:
beef dip
sandwiches
page 150

PHOTOGRAPHS BY
JONNY VALIANT

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slow down FOR SUMMER

These slow cooker recipes are a snap to make, and the best part? You don't have to turn on the stove!

RECIPES & FOOD STYLING BY *WOMAN'S DAY* FOOD DEPARTMENT; PROP STYLING BY GERRI WILLIAMS. OPPOSITE PAGE: PLATTER BY POTTERY BARN, *POTTERYBARN.COM*; NAPKINS BY CRATE & BARREL, *CRATEANDBARREL.COM*. THIS PAGE: LINEN PLACEMAT BY POTTERY BARN.

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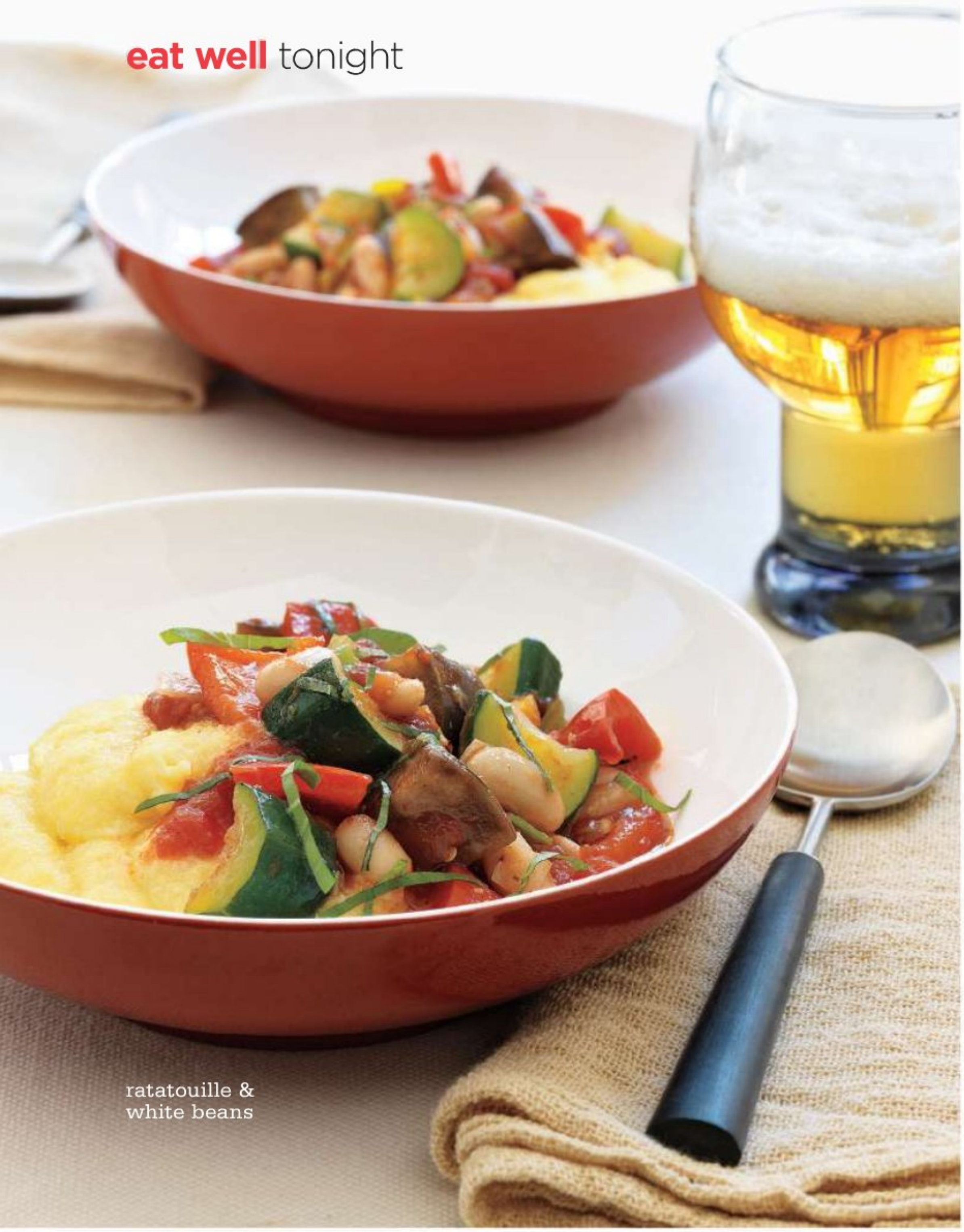

ratatouille & white beans

ratatouille & white beans

SERVES 6 (MAKES 10 CUPS)

ACTIVE: 15 MIN
TOTAL: 4 TO 5 HR ON HIGH OR 6 TO 8 HR ON LOW

- **1 medium eggplant (1½ lb)**
- **3 medium zucchini (1½ lb)**
- **2 bell peppers**
- **2 large leeks, chopped**
- **1 can (28 oz) fire-roasted diced tomatoes, drained**
- **1 can (8 oz) tomato sauce**
- **¼ cup golden raisins**
- **2 Tbsp olive oil**
- **1 Tbsp minced garlic**
- **1 tsp dried oregano**
- **½ tsp each salt and pepper**
- **1 can (15 or 15.5 oz) cannellini beans, rinsed**
- **¼ cup sliced fresh basil leaves**
- **2 Tbsp red wine vinegar**

Garnish: additional sliced basil
Serve with: polenta or crusty bread

1. Cut eggplant, zucchini and peppers into 1-in. pieces; place in a 6-qt slow cooker. Add leeks, diced tomatoes, the tomato sauce, raisins, 1 Tbsp oil, garlic, oregano, salt and pepper. Toss until well mixed.

2. Cover and cook on low 6 to 8 hours or on high 4 to 5 hours until vegetables are tender. Add beans; cook on high 15 minutes more. Stir in remaining 1 Tbsp oil, fresh basil and vinegar.

3. Sprinkle with additional sliced basil, if using. Serve over polenta or with crusty bread. ▶

Per serving: 241 cal, 9 g pro, 40 g car, 10 g fiber, 6 g fat (1 g sat fat), 0 mg chol, 718 mg sod

brazilian chicken curry

SERVES 4

ACTIVE: 10 MIN
TOTAL: 4 TO 5 HR ON HIGH OR 6 TO 8 HR ON LOW

- **¾ cup coconut milk (not cream of coconut)**
- **2 Tbsp tomato paste**
- **1 Tbsp each minced garlic and fresh ginger**
- **½ tsp salt**
- **¼ tsp freshly ground pepper**
- **1 medium Vidalia or sweet onion, thinly sliced**
- **2 bell peppers, cut into 1-in. strips and halved crosswise**
- **12 oz Yukon Gold potatoes, cut into 1-in. pieces**
- **4 tsp curry powder**
- **8 chicken drumsticks, skin removed (2¼ lb)**
- **3 Tbsp chopped fresh cilantro**

1. Mix coconut milk, tomato paste, garlic, ginger, salt and pepper in a 6-qt slow cooker. Add onion, peppers and potatoes; mix well until vegetables are evenly coated.

2. Rub curry powder all over chicken. Place chicken on top of vegetables in slow cooker.

3. Cover and cook on high 4 to 5 hours or on low 6 to 8 hours until chicken is cooked through and vegetables are tender. Sprinkle with chopped cilantro.

Per serving: 393 cal, 34 g pro, 30 g car, 5 g fiber, 15 g fat (9 g sat fat), 110 mg chol, 497 mg sod

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pork & mushroom moo shu

pork & mushroom moo shu

SERVES 6

ACTIVE: 10 MIN TOTAL: 4 TO 6 HR ON HIGH OR 6 TO 9 HR ON LOW

- **1 1½-lb boneless pork loin roast, fat trimmed, quartered**
- **2 packages (3.5 oz each) shiitake mushrooms, stems removed, caps sliced**
- **¾ cup hoisin sauce**
- **2 tsp freshly grated ginger**
- **1 bag (12 oz) broccoli slaw**
- **½ cup sliced scallions**
- **3 Tbsp rice wine vinegar**
- **1 Tbsp sugar**
- **¼ tsp salt**
- **12 small flour tortillas, warmed**

1. Put pork, mushrooms, ½ cup of the hoisin sauce, 2 Tbsp water and ginger in a 4-qt or larger slow cooker. Turn pork to coat.

2. Cover and cook on high 4 to 6 hours or on low 6 to 9 hours until pork is tender.

3. Turn off cooker. Remove pork to a cutting board and, using 2 forks, pull meat into shreds. Return pork to cooker; stir in remaining ¼ cup hoisin sauce.

4. Toss broccoli slaw, scallions, vinegar, sugar and salt in a bowl to mix.

5. Fill each tortilla with ⅓ cup each broccoli slaw and pork mixture. Roll up. ▶

Per serving: 428 cal, 30 g pro, 50 g car, 5 g fiber, 12 g fat (3 g sat fat), 59 mg chol, 986 mg sod

and the winner is... There are tons of slow cookers out there, but which one is best? We tested several while developing these recipes. They varied in price ($30 to $200) and features (programmable settings or automatic warming vs. bare-bones with manual Low and High switches). Our favorite for even cooking and ease of use: the **Crock-Pot Designer Series Slow Cooker (model SCCPQP600-S, $59.99; Walmart)** with its sleek design, programmable timer and 6-qt capacity. For reviews, go to **womansday.com/slowcook**

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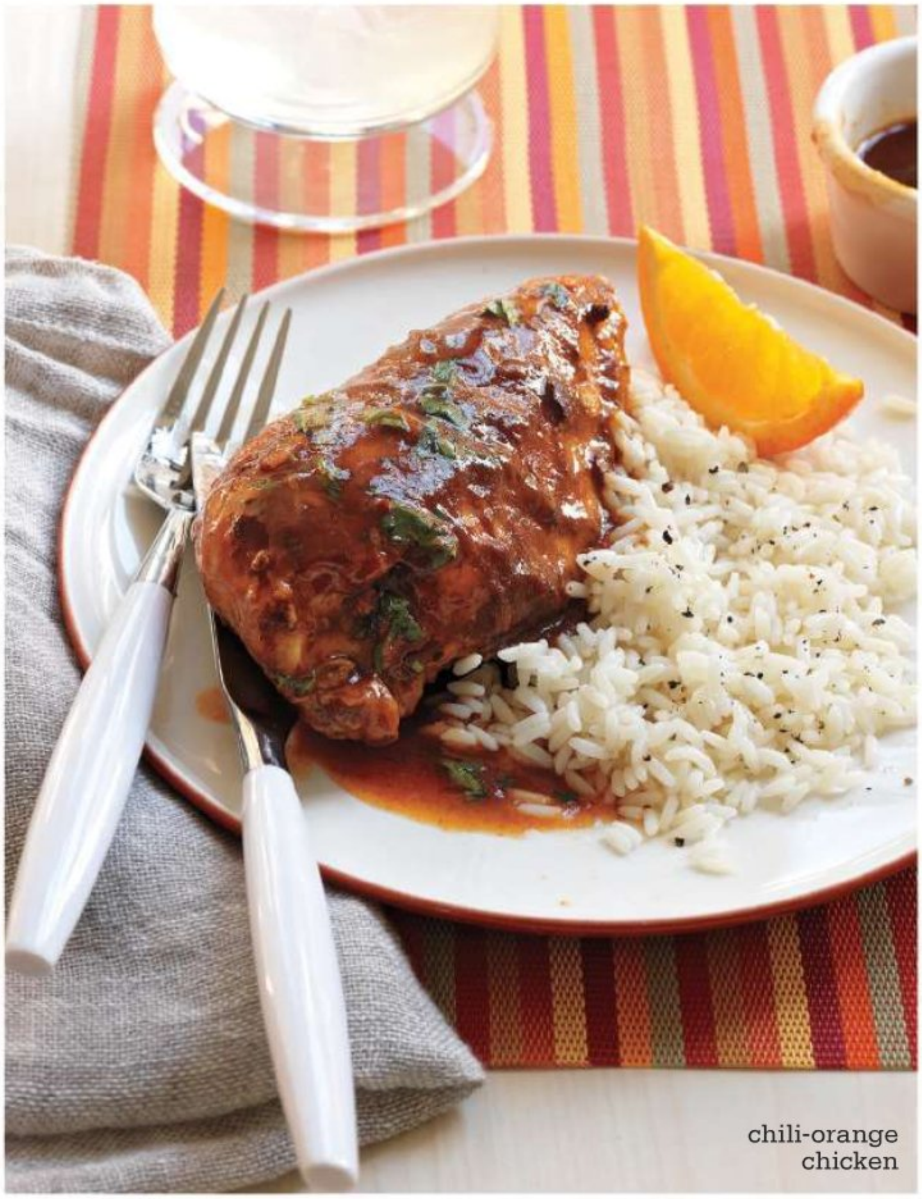
chili-orange chicken

STRIPED PLACEMAT & FLATWARE BY CRATE & BARREL, CRATEANDBARREL.COM.

chili-orange chicken

Want to spice things up? Add 1/4 tsp or more crushed chipotle chile pepper to the sauce in Step 1.

SERVES 4

ACTIVE: 10 MIN
TOTAL: 3 TO 4 HR ON HIGH OR 5 TO 7 HR ON LOW

- **3/4 cup mild enchilada sauce**
- **1/4 cup barbecue sauce (we used Sweet Baby Ray's Honey Chipotle)**
- **1 Tbsp salt-free chili powder**
- **1 tsp ground cumin**
- **4 bone-in chicken breasts (about 2 3/4 lb), skin removed, or 8 chicken drumsticks (about 2 1/2 lb), skin removed**
- **3 Tbsp orange marmalade**
- **1/2 cup chopped cilantro**
- **2 tsp grated orange zest**

1. Mix enchilada sauce and barbecue sauce in a 6-qt or larger slow cooker.
2. Mix chili powder and cumin in a small cup. Rub all over chicken. Put chicken in slow cooker and turn to coat with sauce.
3. Cover and cook on high 3 to 4 hours or on low 5 to 7 hours until chicken is cooked through.
4. Turn off cooker. Remove chicken to a serving platter. Stir marmalade into sauce until blended. Stir in cilantro and orange zest, then pour over chicken. ▶

Per serving (1 breast): 318 cal, 44 g pro, 20 g car, 1 g fiber, 6 g fat (1 g sat fat), 130 mg chol, 698 mg sod

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beef dip sandwiches

SERVES 6

ACTIVE: 10 MIN
TOTAL: 5 TO 6 HR ON HIGH OR 8 TO 10 HR ON LOW

- 1 3-lb beef bottom round or rump roast, trimmed of visible fat
- 1 medium Vidalia or sweet onion, thinly sliced
- 1 jar (11 oz) pepperoncini peppers, sliced (reserve ½ cup juice)
- ¼ cup each oil and water
- 1 pouch (0.7 oz) basil vinaigrette or Italian salad dressing & recipe mix (we used Good Seasons)
- 1 Tbsp minced garlic

Serve with: ciabatta rolls, sliced tomatoes, baby arugula

1. Place beef and onion in a 3½-qt or larger slow cooker. Mix pepper juice, oil, water, dressing mix and garlic in a small bowl until blended. Pour over beef. (If you have time, cover the crock and place in refrigerator to let beef marinate the night before, turning occasionally.)

2. Cover and cook on low 8 to 10 hours or on high 5 to 6 hours until beef is tender.

3. Cut rolls lengthwise in half and brush cut sides with some of the cooking liquid. Pour remaining liquid into a serving bowl.

4. Transfer beef to cutting board; let rest 15 minutes, then slice thinly. Layer beef, onions, sliced pepperoncini, tomatoes and arugula on bottom half of rolls. Cover with top. Serve with reserved cooking liquid for dipping. **wd**

Per sandwich: 635 cal, 60 g pro, 55 g car, 3 g fiber, 20 g fat (4 g sat fat), 123 mg chol, 1,576 mg sod

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let's party

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menu

assorted cheese & fruit platter

lime & spice grilled chicken breasts

grilled flank steaks with herb butter

panzanella

green bean salad

brownie ice cream sandwiches

white sangria

make it easier

→ Pick serving pieces and arrange buffet the night before.

→ All food (except dessert!) can be served at room temperature.

→ Limit drink selections to white sangria and sparkling water.

RECIPES BY *WOMAN'S DAY* FOOD DEPARTMENT; FOOD STYLING BY ROSCOE BETSILL; PROP STYLING BY ALEXIS GIVENS; WARDROBE STYLING BY KELLY O'REILLY; HAIR & MAKEUP BY NIKKI WANG.

assorted cheese & fruit platter

Arrange wedges of aged Gouda (we like New Amsterdam), a semisoft Brie (we used Alouette Extra Creamy Brie) and bocconcini (marinated balls of mozzarella-style cheese) on a platter. Let stand, covered, for 30 minutes before serving. Serve with whole-grain crackers and flatbreads, sliced artisanal bread, sliced salami or prosciutto, assorted olives and nuts if desired. For a sweet flavor with a crisp bite, try Asian pear slices instead of apple. ▶

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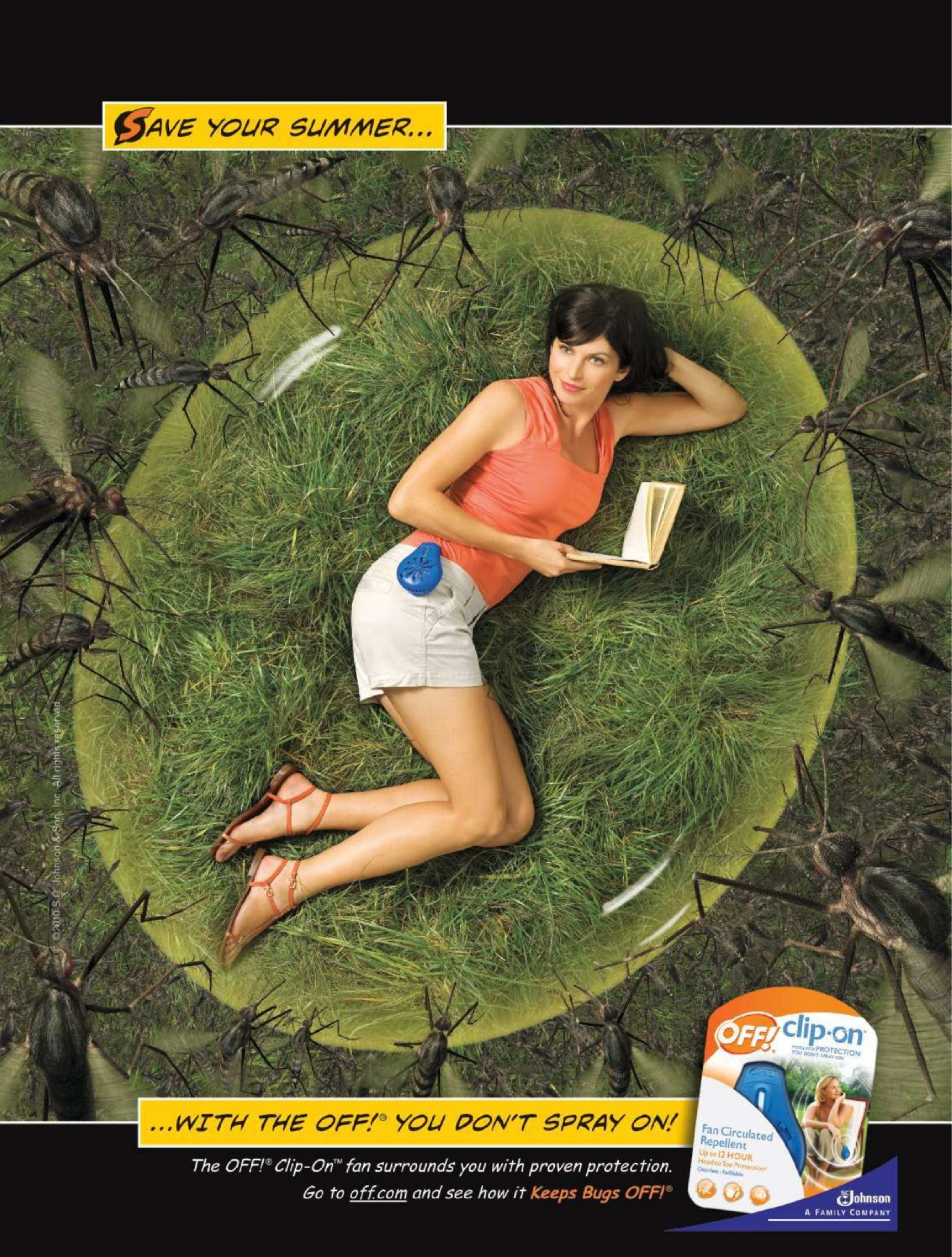

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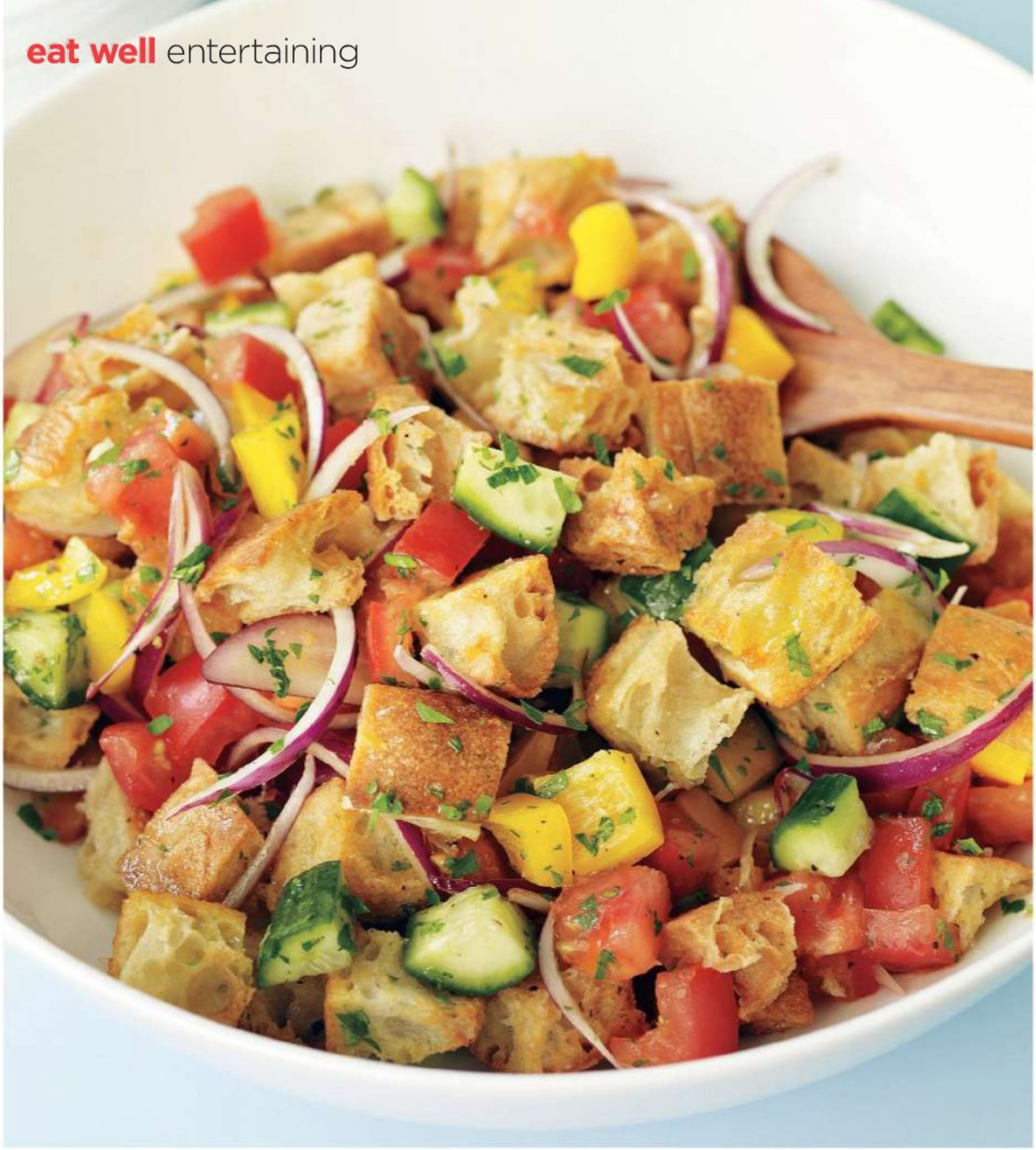

panzanella

➔ Bread cubes can be toasted up to 1 week before. Store in airtight container at room temperature. Stale bread works perfectly in this recipe too.

SERVES 12 (12 CUPS)

ACTIVE: 15 MIN TOTAL: 45 MIN

- **6 cups cubed Italian or rustic bread**
- **4 large ripe tomatoes (about 3 lb), cut in chunks**
- **1 medium red onion, halved and thinly sliced**
- **⅓ cup extra-virgin olive oil**
- **3 Tbsp red wine vinegar**
- **2 tsp minced garlic**
- **1 tsp salt**
- **½ tsp freshly ground black pepper**
- **2 medium yellow peppers, seeded and cubed**
- **1 large seedless cucumber, quartered lengthwise, cut into ¾-in. pieces**
- **⅓ cup chopped parsley**

1. Heat oven to 400°F. Line a jelly-roll pan with foil. Arrange bread cubes in a single layer on pan. Toast in oven 10 to 12 minutes, tossing once, until evenly browned.

2. Meanwhile, put tomatoes, onion, oil, vinegar, garlic, salt and pepper in a large bowl. Let stand at room temperature at least 30 minutes or until tomatoes release their juices. Toss occasionally.

3. Add peppers, cucumber and parsley to tomatoes. Let stand at least 15 minutes for flavors to blend. Just before serving, add bread cubes; toss to blend thoroughly. ▶

Per serving: 150 cal, 4 g pro, 19 g car, 3 g fiber, 7 g fat (1 g sat fat), 0 mg chol, 299 mg sod

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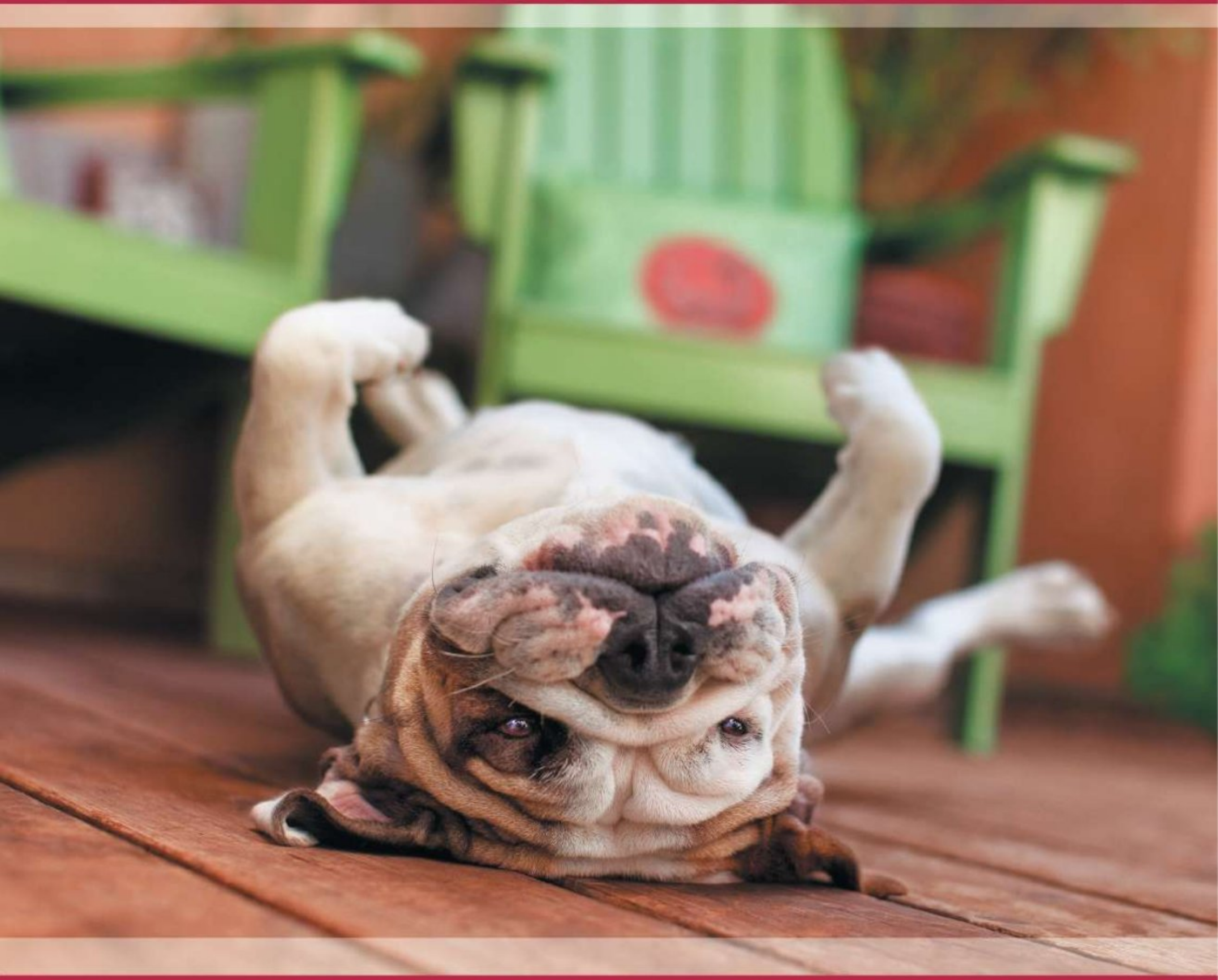

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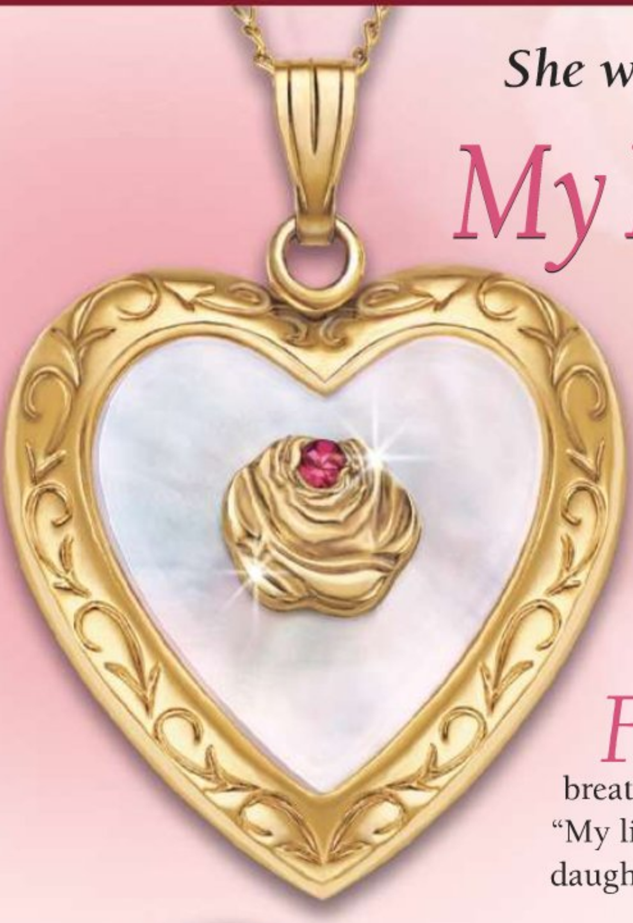

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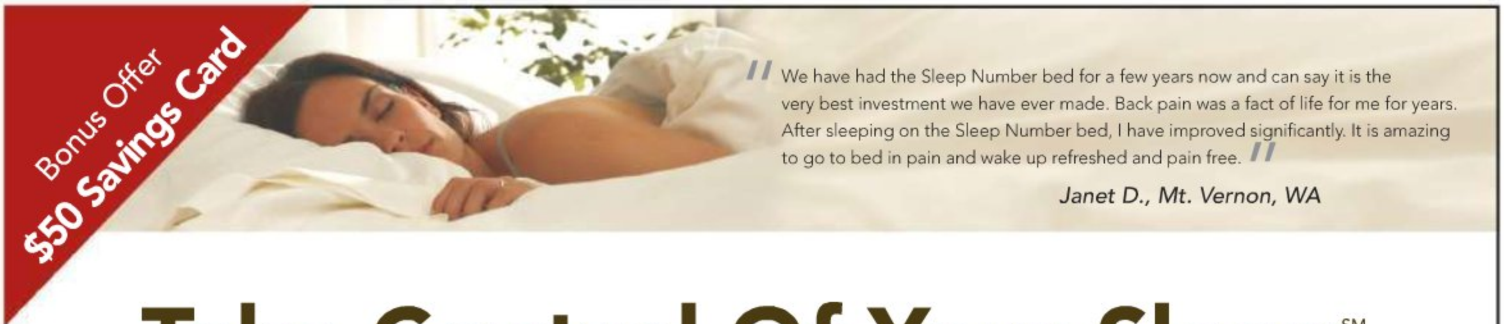

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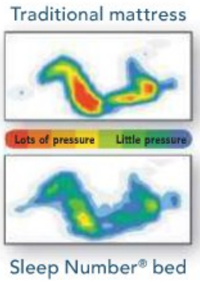

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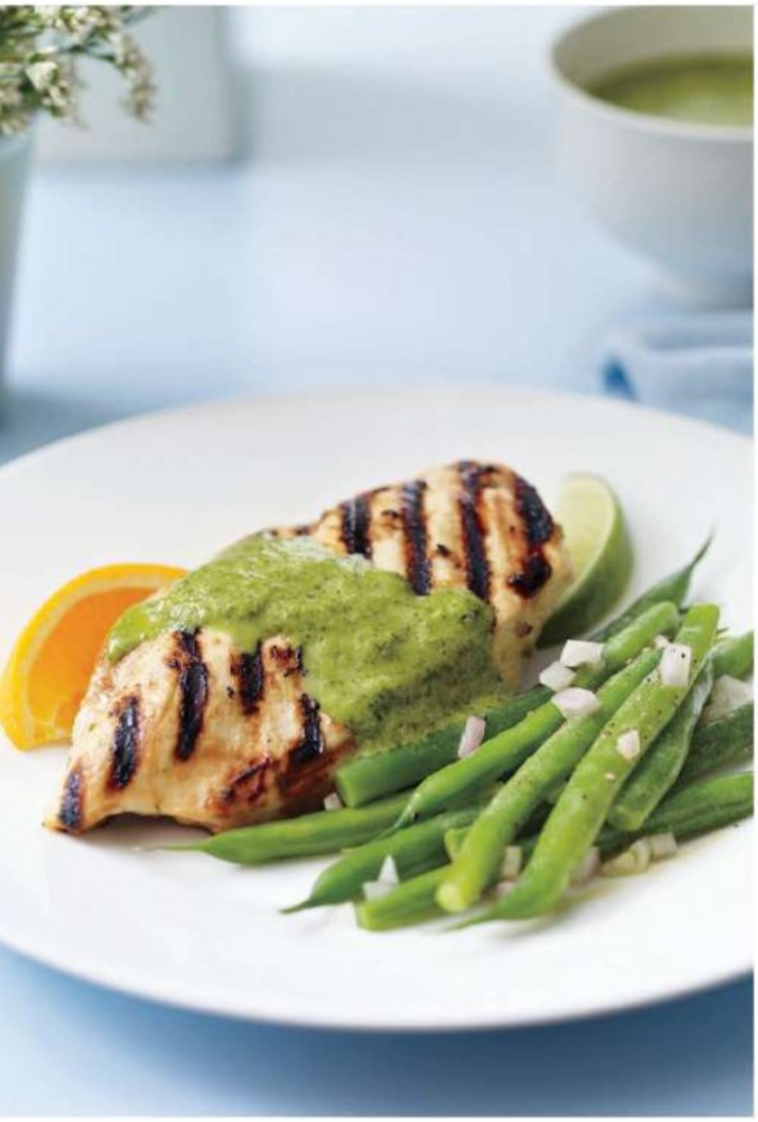

lime & spice grilled chicken breasts

➜ Chicken breasts can be grilled a day ahead; bring them to room temperature before serving. Blend cilantro sauce the day of serving, otherwise sauce will discolor.

SERVES 12

ACTIVE: 15 MIN TOTAL: 30 MIN (PLUS MARINATING OVERNIGHT)

- **¾ cup canola oil**
- **½ cup lime juice**
- **¼ cup orange juice**
- **2 Tbsp each minced garlic and jalapeño pepper**
- **¾ tsp salt**
- **¼ cup sugar**
- **12 skinless, boneless chicken breasts (about 3½ lb; we used Perdue Perfect Portions)**
- **½ cup chopped cilantro**

Garnish: chopped cilantro, lime and orange wedges

1. Combine oil, lime juice, orange juice, garlic, jalapeño pepper and salt in a medium bowl. Transfer 1 cup lime juice mixture and the sugar to a 2-gallon ziptop freezer bag; seal bag and turn a few times to mix. Add chicken breasts; turn to coat chicken. Refrigerate overnight, occasionally turning bag. Reserve remaining lime juice mixture (about ⅔ cup).

2. Brush grill with oil or coat with nonstick grilling spray. Heat outdoor grill or indoor grill pan over medium-high heat.

3. Put reserved lime juice mixture and cilantro in blender. Blend until smooth.

4. Remove chicken breasts from bag (discard liquid in bag). Grill chicken 5 to 6 minutes, turning once, until nicely browned and cooked through.

5. Place chicken on a platter. Garnish with chopped cilantro and fruit if desired. Serve hot or at room temperature with cilantro sauce. ▶

Per serving: 215 cal, 27 g pro, 3 g car, 0 g fiber, 10 g fat (1 g sat fat), 73 mg chol, 142 mg sod

green bean salad

➜ The green beans can be cooked and refrigerated up to 2 days ahead.

SERVES 12

ACTIVE: 8 MIN TOTAL: 18 MIN

- **2 lb green beans, trimmed**
- **⅓ cup finely chopped shallots**
- **⅓ cup white-wine vinegar or sherry vinegar**
- **1 Tbsp Dijon mustard**
- **¼ tsp salt**
- **Freshly ground black pepper to taste**
- **⅓ cup olive oil**

1. Cook green beans in water to cover, or steam 7 to 8 minutes just until crisp-tender. Rinse under cold water; drain.

2. In small bowl or 2-cup measure, whisk together shallots, vinegar, mustard, salt and pepper. Slowly whisk in oil until blended. Toss with green beans. Serve at room temperature.

Per serving: 79 cal, 1 g pro, 6 g car, 2 g fiber, 6 g fat (1 g sat fat), 0 mg chol, 83 mg sod

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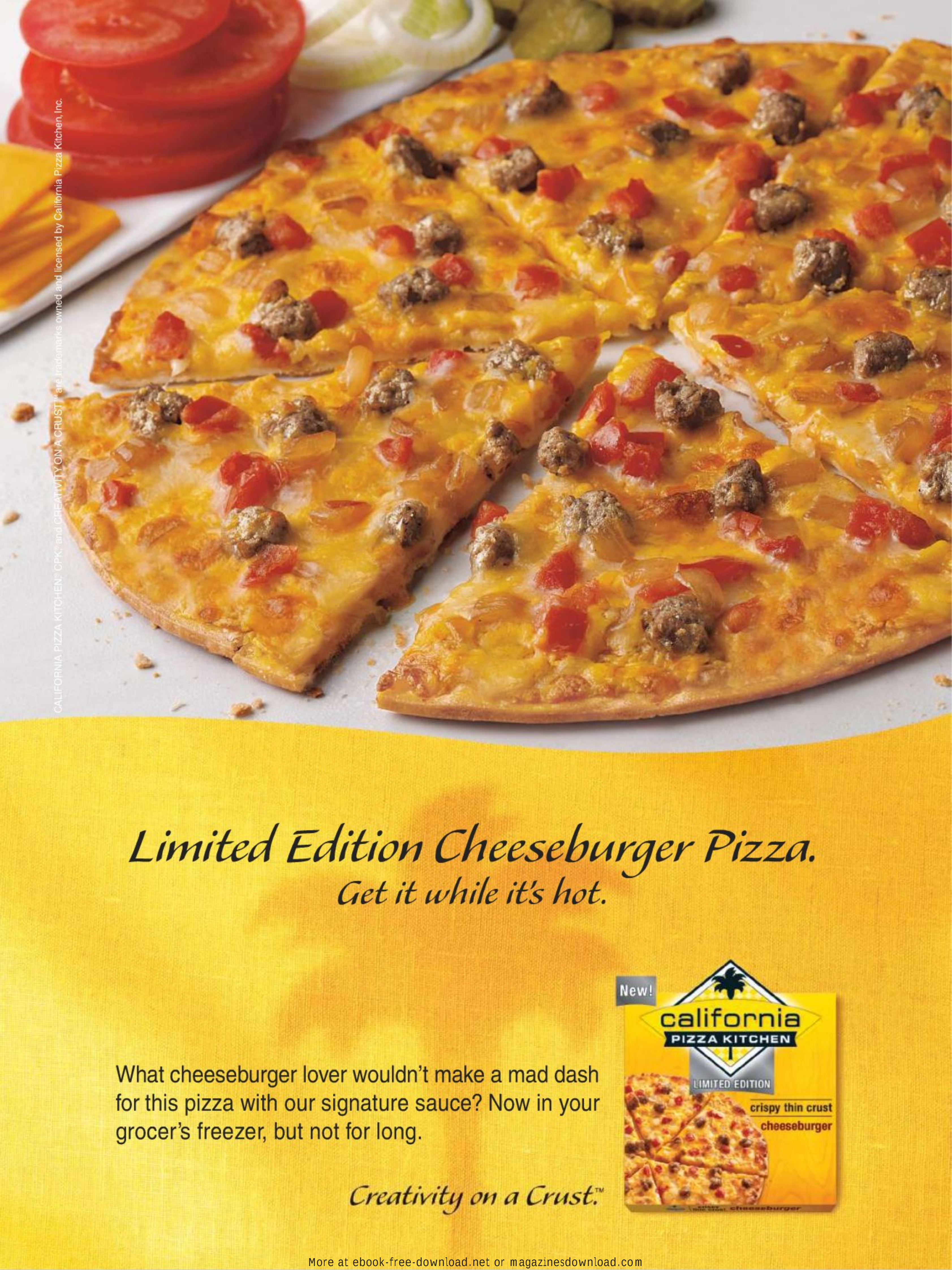

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grilled flank steaks with herb butter

➜ Herb butter can be made up to 1 week ahead. Keep double-wrapped in refrigerator until ready to use.

Before You Start: Flip to page 140 to find out how to grill the perfect steak.

SERVES 12

ACTIVE: 12 MIN TOTAL: 35 MIN

Herb Butter

- **2 sticks (1 cup) salted butter, softened**
- **¼ cup each chopped chives and parsley**
- **2 Tbsp chopped fresh thyme**
- **½ tsp freshly ground black pepper**

Steaks

- **2 tsp each garlic powder, paprika and freshly ground black pepper**
- **½ tsp salt**
- **2 flank steaks, about 1½ lb each**

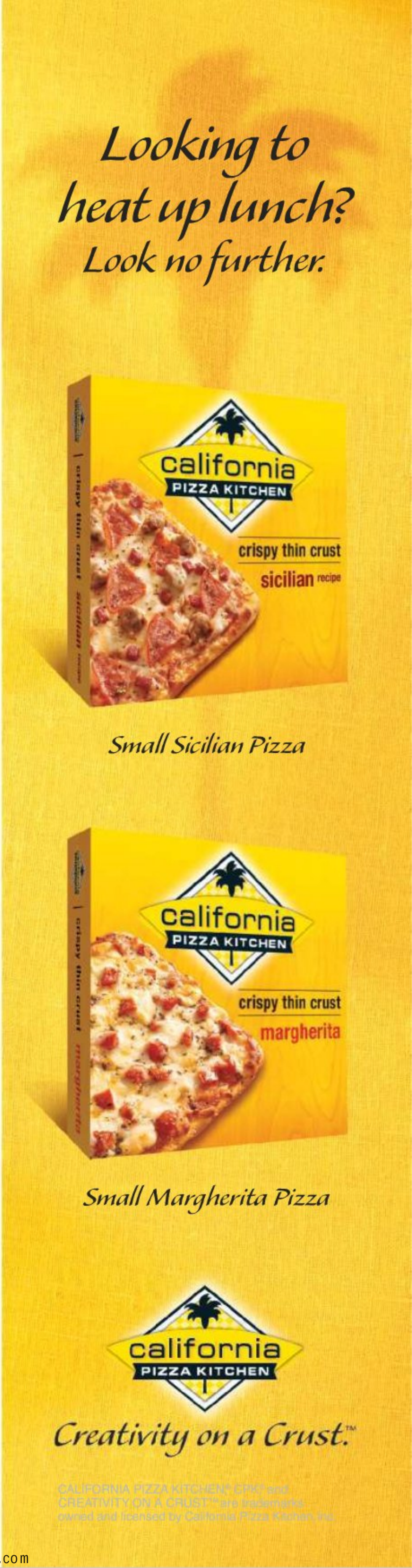
1. Make Herb Butter: Mix herb butter ingredients in a medium bowl until well blended. Divide mixture in half. Spoon each half onto a sheet of plastic wrap and form into two 5-in. logs; wrap and refrigerate. Or spoon into a bowl or crock and serve at room temperature.

2. Steaks: Mix garlic powder, paprika, pepper and salt in a small bowl until blended. Sprinkle mixture all over both steaks.

3. Brush grill with oil or coat with nonstick grilling spray. Heat outdoor grill or indoor grill pan over medium-high heat.

4. Grill steaks, turning once, 10 to 12 minutes for medium-rare. Remove to a cutting board; let rest 10 minutes before slicing across the grain. Serve hot or at room temperature with herb butter. ▶

Per serving: 303 cal, 24 g pro, 1 g car, 0 g fiber, 22 g fat (13 g sat fat), 79 mg chol, 255 mg sod



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white sangria

Sangria can be made one day ahead without the club soda or fruit. Stir in soda and fruit before serving.

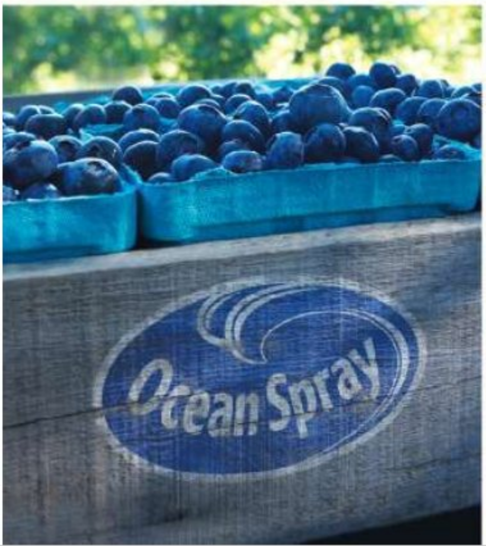
MAKES 10 CUPS **ACTIVE: 20 MIN** **TOTAL: SEVERAL HOURS**

- **1 bottle (750 ml) Chardonnay or full-bodied white wine**
- **½ cup white rum**
- **¼ cup peach schnapps or brandy**
- **¼ cup orange juice**
- **⅓ cup superfine sugar**
- **2 cans (12 oz each) club soda**
- **1 cup cubed honeydew melon**
- **1 peach, pitted and thinly sliced**
- **1 plum, pitted and thinly sliced**
- **1 pint raspberries**
- **Ice cubes**

1. In a large pitcher, combine wine, rum, schnapps, orange juice and sugar. Cover and refrigerate several hours.

2. To serve, add club soda, honeydew, and peach and plum slices to wine mixture, stirring to combine. Place 2 raspberries in the bottom of each serving glass and, using the back of a spoon, gently smash raspberries against glass. Place several ice cubes on top. Ladle wine mixture on top of ice and serve.

Per serving: 157 cal, 1 g pro, 17 g car, 0 g fiber, 0 g fat (0 g sat fat), 0 mg chol, 7 mg sod



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brownie ice cream sandwiches

➜ Brownies can be baked up to 1 week ahead and frozen. Ice cream sandwiches can be assembled up to 1 week ahead; wrap well and freeze.

MAKES 30

ACTIVE: 30 MIN
TOTAL: 1 HR PLUS FREEZING

- **2 boxes (19.8 oz each) family-style dark chocolate fudge brownie mix (we used Duncan Hines)**
- **6 large eggs**
- **1 cup oil**
- **½ cup water**
- **2 tsp vanilla extract**
- **1½ containers (1.5 quart each) vanilla ice cream (let sit at room temperature 12 minutes to soften)**

1. Heat oven to 350ºF. Line two 15 x 10 x 1-in. baking pans with nonstick foil, leaving a 2-in. overhang on each short end.

2. Prepare each box brownie mix separately using 3 eggs, ½ cup oil, ¼ cup water and 1 tsp vanilla extract (for cake-like brownies).

3. Spread mixture evenly in prepared pans. Bake 25 minutes or until wooden pick inserted in centers comes out clean. Cool completely.

4. Lifting foil by ends, place brownies onto a baking sheet; cover. (Brownies can be stacked with foil in between.) Refrigerate or store at room temperature until ready to assemble.

5. Reline one baking pan with nonstick foil. Scoop ice cream into pan, spreading evenly. Freeze 3 hours or overnight until firm.

6. **To assemble:** Place one sheet of brownies on baking sheet. Invert ice cream onto brownies; remove foil from ice cream. Invert remaining sheet of brownies on top; peel off foil. Cover with plastic wrap; freeze until serving.

7. **To serve:** Cut in 10 rows lengthwise and 3 crosswise to make thirty 3 x 1½-in. rectangles. Garnish plates with blueberries if desired. **wd**

Per sandwich: 335 cal, 5 g pro, 39 g car, 0 g fiber, 18 g fat (5 g sat fat), 51 mg chol, 144 mg sod

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by Terry Grieco Kenny

it's a **stickup!**

Got picky eaters? It's time to break out the skewers and transform plain-old dinner into can't-wait-to-eat-it fun. Keep a package in your pantry, and the directions below on hand for those nights when you're too tired to beg, "Just try it."

quick-and-easy skewer dinner

STEP 1 Soak wooden skewers in water for 30 minutes so they don't burn on the grill (metal skewers are OK, but they tend to become weapons in little ones' hands).

STEP 2 Up the flavor by making a basting mixture. Stir together **¼ cup olive oil** and **¼ tsp each salt, pepper and garlic powder** in a small bowl.

STEP 3 Cut meats like **pork loin, boneless sirloin, chicken breast** or **leg of lamb** into 1-in. chunks. Cut vegetables like **zucchini** and **yellow squash** into 1-in. slices, **bell peppers** into 1-in. pieces, **asparagus** or **scallions** into 1- to 2-in. lengths and **onions** into small, thin wedges. Small **mushrooms** can be left whole.

STEP 4 Heat outdoor grill, stovetop grill pan or broiler to high (if using broiler, line rimmed baking pans with foil for easy cleanup).

STEP 5 Set out the meat and veggies on a platter with the soaked skewers and the basting mixture. Have each member of the family skewer to his or her heart's desire. Brush the basting mixture onto all sides of each kebab.

STEP 6 Grill or broil the skewers for 8 to 10 minutes, turning once, until the meat is cooked through and vegetables are crisp-tender.

DIP AWAY! For an Asian dipping sauce, whisk **½ cup reduced-sodium soy sauce** and **3 Tbsp each brown sugar and water** until sugar dissolves. Or grab **honey mustard, barbecue sauce, salsa** and/or **pesto.**

and for dessert...

Set out dippers and skewers. Firm foods that hold their shape work best. Try **poundcake** or **angel food cake** cut into chunks; **strawberries**; **seedless grapes**; **pear**, **banana** or **kiwi chunks**; **dried apricots** or **marshmallows**.

EASY CHOCOLATE DIPPING SAUCE

Cook **¾ cup semisweet chocolate chips**, **⅓ cup milk** and **1½ Tbsp butter** in a small saucepan over low heat, stirring frequently, until melted and smooth. (Or just heat a bottle of **hot fudge sauce** or set out a bottle of **strawberry**, **raspberry or black cherry ice cream topping**.)

JONNY VALIANT; PROP STYLING BY GERRI WILLIAMS.

Check out the ultimate skewer party! Go to *womansday.com/mermaid* to view a YouTube video from the movie *Mermaids*.

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asian noodles

1 **1 pkg (7 or 8 oz) soba noodles or ½ pkg (16 oz) whole-wheat linguine**

2 **1 bag (16 oz) frozen edamame veggie blend (we used Seapoint Farms Garden Blend)**

3 **½ cup bottled peanut sauce (such as House of Tsang, found in the Asian section of your market)**

SERVES 4

ACTIVE: 5 MIN TOTAL: 12 MIN

Bring a 6-qt pot of salted water to a boil. Cook noodles as package directs, adding frozen vegetables 2 minutes before noodles will be done. Cook 2 minutes or until noodles and vegetables are tender.

Reserve ½ cup cooking water. Drain noodles and vegetables in colander.

Return to pot. Add peanut sauce and a little reserved cooking water; toss to coat. Garnish with chopped cilantro and peanuts, if desired.

Per serving: 361 cal, 15 g pro, 60 g car, 4 g fiber, 7 g fat (0 g sat fat), 0 mg chol, 1,035 mg sod

TRY THIS TOO

▶ Mix 3 Tbsp each honey and lime juice with peanut sauce before adding.

▶ Big eaters in your family? Toss with cooked shredded chicken or shrimp.

▶ Serve cold: Add sliced scallions, diced cucumbers and toasted sesame seeds.

GEMMA COMAS; FOOD STYLING BY JOYCE SANGIARDI; PROP STYLING BY PAUL LOWE.

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june

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 LOWFAT <u>THAI MANGO CHICKEN</u> Jasmine rice Stir-fried snow peas	**2** <u>PENNE PUTTANESCA</u> Whole-grain Italian bread Baby arugula & grape tomato salad	**3** <u>LEMON & MINT SEAFOOD SKEWERS WITH TABBOULEH</u>	**4** <u>PORK STIR-FRY</u> Rice with sliced scallions	**5** <u>BEEF GYROS</u> Yogurt with diced cucumber & mint Couscous
6 <u>LEMON-ROSEMARY CHICKEN WITH TOMATO BREAD SALAD</u> Grilled zucchini halves	**7** MEATLESS MONDAY <u>VEGETABLE CANNELLONI</u> Romaine, plum tomato & carrot salad	**8** <u>WARM BEAN & SAUSAGE SALAD</u> Sesame breadsticks	**9** LOWFAT <u>MEXICAN MINI MEAT LOAVES</u> Cornbread Shredded romaine & tomato salad	**10** <u>CHICKEN MILANESE</u> Italian bread Steamed green beans	**11** <u>BEST BURGER</u> French fries Coleslaw	**12** LOWFAT <u>MEDITERRANEAN FISH STEW</u> French bread Mixed green salad
13 <u>BROCCOLI & TOMATO PIZZAS</u> Arugula & red onion salad	**14** MEATLESS MONDAY <u>CUBAN BEANS</u> Rice Sliced avocados with lime	**15** <u>ORANGE BBQ DRUMSTICKS & BROCCOLINI</u> Couscous	**16** <u>PORK CHOPS WITH PEACH SALSA</u> Grilled corn on the cob	**17** <u>COBB SALAD</u> Whole-grain rolls	**18** <u>LINGUINE CLAMS CASINO</u> Garlic bread Mixed green & cherry tomato salad	**19** LOWFAT <u>ASIAN PEANUT CHICKEN WITH CUCUMBER SALAD</u> Jasmine rice
20 DAD'S DINNER <u>STEAK VERDE</u> Warm corn tortillas Sliced beefsteak tomato salad	**21** MEATLESS MONDAY <u>ORANGE-SOY TOFU STIR-FRY</u> Brown rice	**22** <u>GLAZED SALMON ON GREENS & ORANGE SALAD</u> Whole-wheat or sesame breadsticks	**23** <u>BROILED CHICKEN & PEPPER SANDWICHES</u> Spinach, tomato & mushroom salad	**24** <u>SANTA FE BEEF SALAD</u> Baked corn tortilla chips	**25** LOWFAT <u>MANGO CHUTNEY PORK</u> Couscous Steamed broccoli	**26** <u>BAJA FISH TACOS</u> Black beans with garlic, cumin & cilantro
27 LOWFAT <u>SPAGHETTI & MEATBALLS</u> Italian bread Mixed baby green salad	**28** MEATLESS MONDAY <u>GREEK FRITTATA & SALAD</u> Warm whole-wheat pita bread	**29** LOWFAT <u>ORANGE-SOY BEEF WITH ASPARAGUS</u> Brown rice with sliced scallions	**30** <u>GRILLED TUSCAN PIZZAS</u> Romaine, sweet onion & cucumber salad	» Go to *womansday.com/menus* for entrée recipes		

WE'VE PLANNED DINNER FOR YOU. GO TO **WOMANSDAY.COM/MENUS** FOR RECIPES & SHOPPING LISTS.

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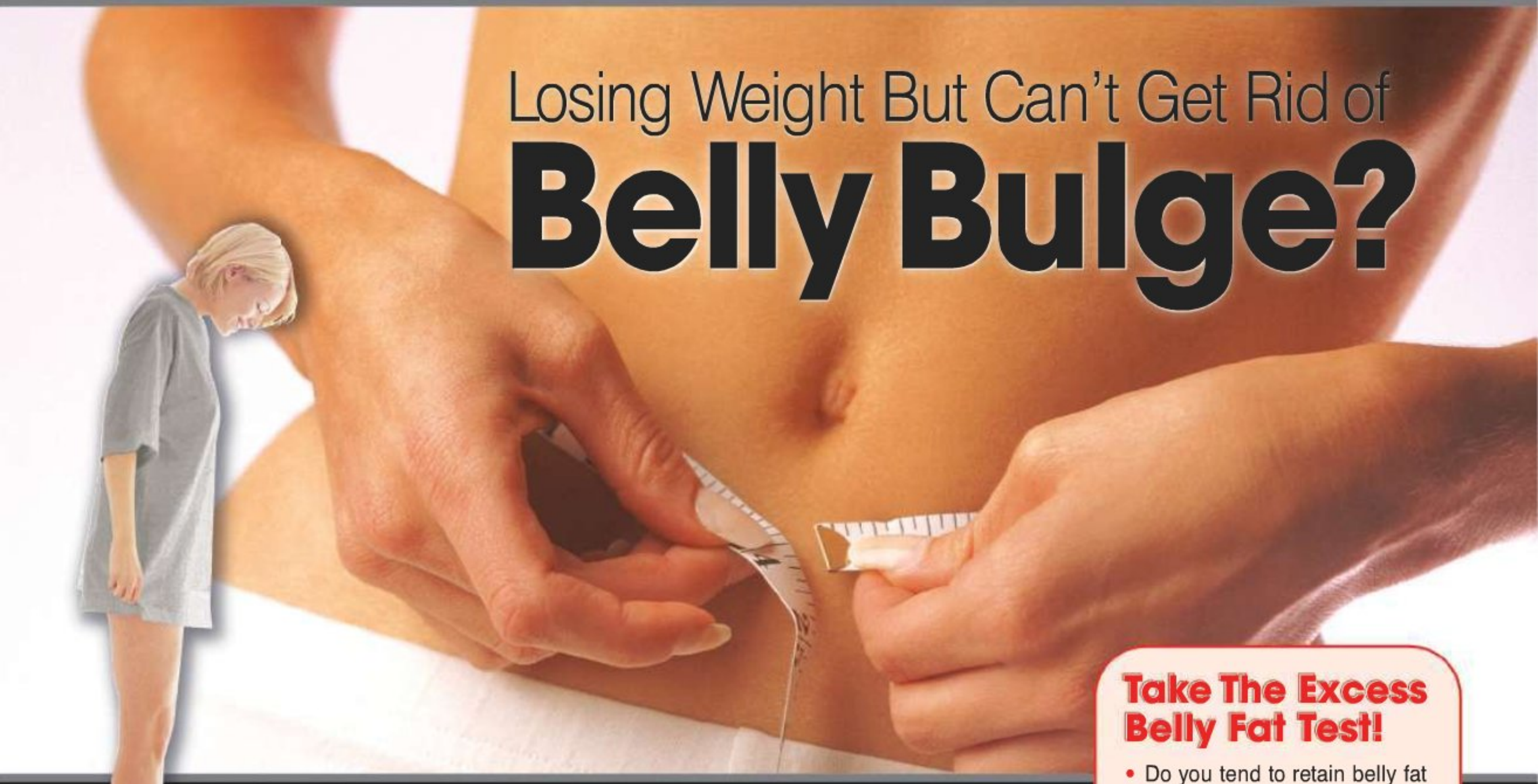
Losing Weight But Can't Get Rid of **Belly Bulge?**



Getting rid of stubborn belly fat can take more than diet and **exercise alone**... Popular "feel-good" pill may be solution.

Take The Excess Belly Fat Test!

- Do you tend to retain belly fat even when you lose weight?
- Does dieting make you stressed out and anxious?
- Are you accumulating belly fat that just won't go away?
- Do you overeat in response to daily stress?
- Do you suffer "mid-afternoon fatigue" when dieting?
- Do you have difficulty falling asleep at night when dieting?

If you answered "Yes" to one or more of these questions, excess belly fat might not be your fault.

You diet... you exercise... you're even losing weight. But take a look in the mirror... you still have that unsightly belly bulge. Twenty pounds lighter and you still look... well... fat! How in the world can that be possible?

Stress. That's right... stress! As it turns out, the same diet that's helping you lose weight might actually be causing you to retain figure-destroying belly fat. That's because dieting is stressful. You worry about what to eat... when to eat... how much to eat. All that worry leads to "diet stress."

And, as we all know by now, even ordinary, everyday stress can cause your body to increase or retain belly fat. That's why you can go on a diet, lose weight, but still look thick around the middle.

So what are we to do? Millions of women are turning to weight-control "adjuncts" or "add-ons." These groundbreaking compounds are not really diet pills in the true sense of the word. Instead, they help traditional diet and exercise programs reduce tummy bulge by controlling diet-related stress and anxiety... the same stress and anxiety that can lead to stubborn belly fat retention (not to mention that all-time diet killer "Nervous Binge Eating").

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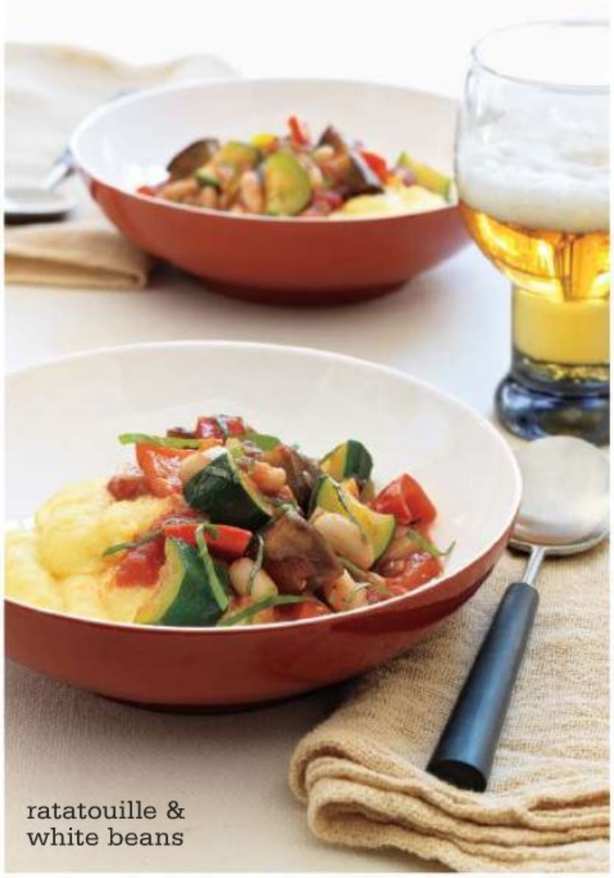
ratatouille & white beans

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EXELON® PATCH (rivastigmine transdermal system) is a prescription medicine which contains rivastigmine, an acetylcholinesterase inhibitor and is used for the treatment of mild to moderate Alzheimer's dementia and mild to moderate Parkinson's disease dementia.

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Weight should be checked while the person is using EXELON PATCH. People below 50 kg, or 110 lbs, may experience more side effects and may have to stop using EXELON PATCH due to these side effects.

In studies for Parkinson's disease dementia, parkinsonian symptoms, particularly tremor, occurred or worsened in some people taking EXELON® (rivastigmine tartrate) capsules.

WHAT SHOULD I BE AWARE OF BEFORE USING EXELON PATCH? (continued)

Take special care with EXELON PATCH and talk to the doctor if the patient has or has ever had any of the following: an irregular heartbeat, an active stomach ulcer, difficulties passing urine, seizures, asthma or severe respiratory disease, trembling, low body weight or impaired liver function. The doctor may need to monitor the patient more closely while on EXELON PATCH.

WHAT ARE THE MOST COMMON SIDE EFFECTS?

The most common side effects include nausea, vomiting, and diarrhea. For a complete list of possible side effects of EXELON PATCH, ask your doctor.

WHAT SHOULD I DO IF I ACCIDENTALLY APPLY MORE THAN 1 EXELON PATCH?

If you accidentally apply more patches than you should remove all patches and inform the doctor immediately.

WHAT SHOULD I KNOW ABOUT TAKING OTHER MEDICATIONS WITH EXELON PATCH?

Tell the doctor about all other prescription or nonprescription medicines the patient is taking. EXELON PATCH should not be given together with other medicines that have a similar effect on the body and the brain (cholinomimetic agents) or with anticholinergic medicines. Inform the doctor if the patient needs surgery requiring anesthesia while using EXELON PATCH.

WHAT ADDITIONAL INFORMATION SHOULD I KNOW BEFORE USING EXELON PATCH?

The safety of EXELON PATCH has not been evaluated in pregnant women or in women breastfeeding children. EXELON PATCH is not recommended for use in children.

STILL HAVE MORE QUESTIONS?

This is only a summary of important information. Ask your doctor for more complete product information, or visit www.exelonpatch.com.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088. You may also contact NOVARTIS PHARMACEUTICALS CORPORATION at 1-888-NOW-NOVA.

If you don't have prescription coverage and can't afford your medicines, log onto www.pap.novartis.com or call 1-800-245-5356.

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Finally, Sunless Tan Rivals The Sun

by Michelle Reale Cosmetic Consultant

THERE IS NOTHING MORE beautiful than a fabulous tan. You feel so confident and vibrant. During my teens and twenties I lounged frequently in the sun to obtain that enviable, youthful bronze glow.

By age thirty my face, chest and arms developed unsightly sunspots. Every time I sunbathed the spots increased. Instead of looking young and healthy, the sun made my skin dry and older. It was obvious, I had to stop sunbathing.

Consequently, I began to experiment with sunless tanning products. I did not plan to spend my life without a "tan". This led to disappointment after disappointment. None of the sunless tans even closely resembled the fabulous tan I acquired from the sun. Many left my skin streaked with various shades of orange and with an unpleasant odor. Discouraged, I stopped searching.

Until one day I came across an article in Celebrity News Magazine (an insider magazine which caters to Hollywood Stars and Starlets). Columnist Tiffany Burton wrote "If gold is beautiful (and valuable) golden is gorgeous! Why look pale and old when you can look tanned and terrific in just a few hours? I applied the Nouriderm® lotion, which, by the way, smelled heavenly, took a nap, woke up feeling refreshed—wow—with a suntan of a perfect color. I couldn't wait to show off my new (unusual for me) tanned skin. Everyone noticed the difference immediately. You will definitely look younger, healthier, and more attractive with Nouriderm®."

1 2 3

EvenTone Uniform Coverage

Intrigued by the endorsement, I decided to purchase the complete Nouriderm® sunless bronzer system which includes a facial exfolia-

tor pad made with ramie (a natural vegetable fiber) and a pad to exfoliate the body made with natural sisal fiber. I used them while showering and found both to have the perfect amount of texture to gently exfoliate my skin. I learned they aid in the removal of dull, lifeless skin cells and surface impurities while stimulating skin circulation.

After towel drying, I applied Nouriderm® lightweight sunless bronzer to my face and their more emollient tanning cream on my body. The moisturizing tanning creams gave my face and body a refreshed hydrated feeling enabling me to do away with additional moisturizers.

The sunless tanning therapy nourished my skin with vitamin E, oat kernel, aloe and other botanical extracts. Rich in Shea butter, it provides my skin with exceptional moisture retention - making my skin appear smooth and years younger. The formulation also contains antioxidants such as green tea extract to fight free radicals that erode and age skin.

Unlike other sunless products I tried, my skin smelled fresh and clean (a pleasant surprise).

Within a few hours I encountered a radiant, sun-kissed face smiling back at me in the mirror. After several daily applications the color transformation of my skin was so remarkable that I looked as if I just returned from a spa in the islands.

My skin glowed with a youthful vitality I had not seen in years. The therapeutic combination of exfoliation and sunless bronzer made my legs feel so smooth you would have thought I had nylons on. It even helped camouflage my sunspots and cellulite. I was elated!

What makes Nouriderm® so magical? I had to find out. I discovered that the secret to Nouriderm® sunless bronzer is a unique blend of natural sugar extracts which interact with the proteins in skin to safely produce a genuine brownish skin tone. This in combination with their eventone micro-emulsion process delivers a uniform streak-free tan. The clinically tested skin nourishing ingredients and natural sugar extracts in this formulation release just-the-right color.

A captivating tan makes us feel alluring and seems to hide all our imperfections. Without a tan it just isn't as much fun to wear short skirts, skimpy bathing suits, revealing dresses or lingerie. Men equally feel more confident and appealing with a tan. Let's face it; we all take pleasure in turning heads. I certainly enjoy the admiring glances my "tan" is generating.

The exciting news is I no longer need to bake in the sun to achieve a "tan". Now I have the best of both worlds, younger-looking skin - And finally a convincing natural looking tan year-round! So if you are as disappointed with sunless tans as I was, try Nouriderm®.

Nouriderm® Sunless Bronzer

Now you can have a convincing natural healthy-looking tan while nourishing your skin with Nouriderm® Sunless Bronzer. One application applies sun-kissed appearance within a few hours. Repeated applications stimulate a deeper shade. Order one 3 oz. Face Bronzer for $19 plus $5.95 s&h. Order one 5 oz. Body Bronzer for $24 plus $5.95 s&h.

Exclusive Offer: Order the Complete Nouriderm® Sunless Bronzer System: one 3 oz. Face Bronzer and one 5 oz. Body Bronzer and receive FREE face and body exfoliators for only $39.95 plus $7.95 s&h. ($50 value plus save on s&h).

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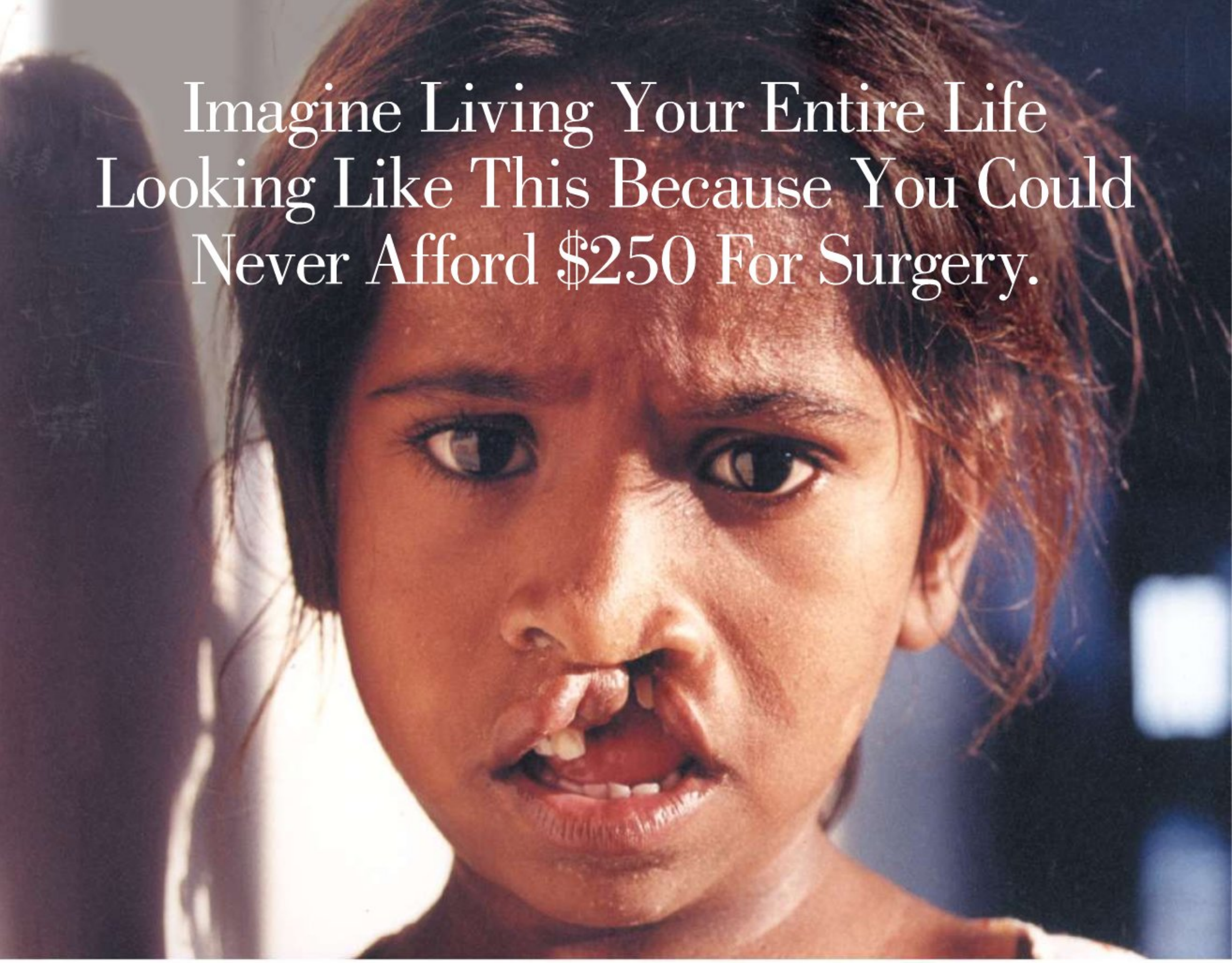

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EVERYDAY THINGS YOU NEED TO KNOW...

grill the best burger

1

did you know...

Americans eat approximately 14 billion burgers each year, most of them in the summer months.

Source: SYSCO Today, *2007*

2

3

4

KATE SEARS; PROP STYLING BY MOLLY FITZSIMONS.

STEP 1 To make four burgers, you'll need ¾ lb ground sirloin (for flavor), ¼ lb ground chuck (to keep the burgers moist), and ½ tsp each kosher salt and freshly ground black pepper.

STEP 2 With clean hands, place the sirloin and chuck in a bowl, and mix thoroughly. Divide meat into four equal portions. For perfectly round burgers, dampen your hands with cold water and roll each portion of meat into a ball.

STEP 3 Gently press down to ½- to ¾-in. thickness. The burgers should be slightly larger than the buns. Sprinkle each burger with ⅛ tsp each salt and pepper.

STEP 4 Heat an outdoor grill to high, then use a paper towel to lightly brush oil on the grates. (Oiling the grill once it's hot will prevent the burgers from sticking.)

For medium-rare burgers, grill 3 to 4 minutes on each side, turning only once, until an instant-read thermometer inserted from side to middle registers 160°F. For rare, grill 2 minutes each side (145°F); for well done, 5 minutes each side (170°F). (Don't have a thermometer? The firmer the burger, the more well done it is.) The burger should be slightly charred on the outside. Don't press down with a spatula while grilling—the juices will leak out and make the burger dry.

STEP 5 Serve on buns with ketchup, lettuce, tomato, pickles, red onion and cheese if desired.

Source: Glenn Harris, chef and owner of Jane and The Smith in New York City

5

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